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Trevor Prevost, owner of Wilde's, left, and Michael Deyell, owner of After Stonewall, in After Stonewall on Monday.
JUSTIN TANG/FOR METRO



PRESERVING LGBT HISTORY
Ottawa's oldest surviving gay businesses planning a merger
metroNEWS

Opposition parties push for fundraiser ban

FINANCE REFORM BILL

Ontario Liberals pressured to cap cash-for-access political events

Ontario's Liberal government is suggesting further lowering a cap on political donations in its election finance reform bill, but doesn't appear to be considering a ban on cash-for-access fundraisers.

The Liberals introduced the legislation amid allegations they were selling access to cabinet ministers at high-priced dinners and receptions, though they denied that attendees at those functions influenced government decisions.

A legislative committee studying the government's bill spent the summer holding public hearings ahead of second reading in the fall, and both the government and the opposition parties submitted their proposed

amendments Monday.

Currently, the bill would ban corporate and union donations, while limiting individuals to donating \$1,550 annually to a party. But in an election year, maximum allowable donations to a party's candidates and constituency associations total \$7,750.

The Liberals are now proposing to cap donations to a party, candidates and riding associations at \$1,200 each, to total a maximum of \$3,600 in an election year.

The Liberals are proposing to require fundraisers to be publicized a week in advance — three days during an election — and to develop, with the opposition, a code of conduct for elected officials governing "stakeholder interactions."

But their amendments, as written, would "essentially allow the cash for access and all the scandalous behaviour that necessitated this committee," said Progressive Conservative Randy Hillier.

THE CANADIAN PRESS



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Great concern over lakes plan

ENVIRONMENT

Mayors launch cross-border challenge over water diversion

A group of mayors from Canada and the U.S. is trying to challenge a recent decision allowing an American city to draw water from the Great Lakes, arguing that it sets a dangerous precedent.

The Great Lakes and St. Lawrence Cities Initiative asked Monday for a hearing with the group of eight states that make up what's known as the Great Lakes-St. Lawrence River Basin Water Resources Council.

In June, the council gave the Wisconsin city of Waukesha the green light to divert water from Lake Michigan, making it the first exception to an agreement banning diversions of water away from the Great Lakes-St. Lawrence River basin.

The Great Lakes and St. Lawrence Cities Initiative, which represents more than 100 local governments on both sides of the border, is now looking to fight that decision.

"This is just the beginning of something that could potentially grow and just be catastrophic," Sandra Cooper, the mayor of Collingwood, Ont., and the group's secretary-treasurer, said of Waukesha's diversion. "There was no opportunity for public input with our community and I think that's a downfall of the whole process."

The group argues that the



The Fox River flows through downtown Waukesha, Wisconsin, which has been granted permission to draw water from the Great Lakes. THE CANADIAN PRESS FILE

area to be serviced by Waukesha's diversion is too large, the return flow of treated water to Lake Michigan hasn't been analysed enough and there wasn't enough public participation in the process dealing with the city's request.

It has also written to Prime Minister Justin Trudeau and U.S. President Barack Obama asking for "appropriate action" to stop Waukesha's diversion of water from Lake Michigan.

Waukesha, a city of about 70,000 people, asked for per-

mission to take water from the Great Lakes because its own aquifer is running low and the water is contaminated with high levels of naturally occurring cancer-causing radium.

Waukesha argued that although it's located outside the boundary of the Great Lakes basin, it is part of a county strad-

dling that geographical line and should be allowed access to the lake's water.

The request created significant concern on both sides of the border, but after making a series of amendments to Waukesha's original application, the eight states adjoining the Great Lakes — who had final say on the mat-

ter after input from Ontario and Quebec — gave the city's proposal unanimous approval.

The Great Lakes and St. Lawrence Cities Initiative said it's now fighting to ensure the long-term integrity of the agreement meant to protect the Great Lakes.

"There was already a region that was established that could draw from the Great Lakes basin. That region is now being expanded. What says down the road that those southern States who are having difficulty with

water aren't going to start drawing more water," said Randy Hope, the mayor of Chatham-Kent municipality in southwestern Ontario, who is on the group's board of directors.

"It'll lower our waterways, it'll have eco and social and economic effects that people cannot determine at this time."

The Great Lakes support 33 million people, including nine million Canadians and eight of Canada's 20 largest cities, according to the federal government. THE CANADIAN PRESS

“This is just the beginning of something that could potentially grow and just be catastrophic.”
Sandra Cooper, mayor of Collingwood, Ont.



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CONSTRUCTION

Campus Station and tunnels in for big makeover



Emma Jackson
Metro | Ottawa

No pain, no gain, right? That's how councillors Mathieu Fleury and Catherine McKenney are feeling as they look forward to a completely reconstructed Campus tunnel.

Both lamented the four-month closure this summer of the busy underpass that connects pedestrians and cyclists to the University of Ottawa and Colonel By Drive under the Transitway. The closure was part of ongoing light rail construction.

But as the tunnel reopened Monday, both said the construction mess will be worth it come 2018.

One section of the tunnel, under Nicholas Street, will stay the same. But underneath the Transitway it will open into an airy atrium, Fleury said.

Gone is the labyrinthine plaza that sent cyclists down winding ramps on either side, putting them on a crash course with pedestrians.

"Transit users would get off the bus ... and walk directly into the path of cyclists," McKenney said.

The passage was back to usual traffic on Monday as lengthy detours ended.



More pain to come. There's at least one more day of detours ahead, as light-rail construction crews prepare to pour the concrete bridge over the top of the tunnel. Fleury said it should only be a one-day closure, and he's asked staff to do it on a weekend.

Lighten up. The new atrium promises an open and well-lit public space, but even the section of tunnel under Nicholas Street, which isn't being reconstructed, will get a makeover in terms of its lighting, paint job and general "look and feel," Fleury said.

Safe space. The tunnel won't feel like a dark cave for much longer, and McKenney said that's a win for safety. "Any time you have a tunnel, it's not the safest passage through that you can have," she said. "This makes it better. The station is more open, it can be seen from different levels."

Walls? What walls? The thick barricade that currently separates the multi-use pathway will disappear as the new atrium is completed, Fleury said. It's there for support until the new bridge deck can be poured above, but he expects the new tunnel to have fewer walls, not more.

Direct path. This freshly paved multi-use pathway is temporary, but Fleury said the permanent path will eventually be even more convenient as it connects to the tunnel and atrium from the university campus with a wide entrance.

EMMA JACKSON/METRO

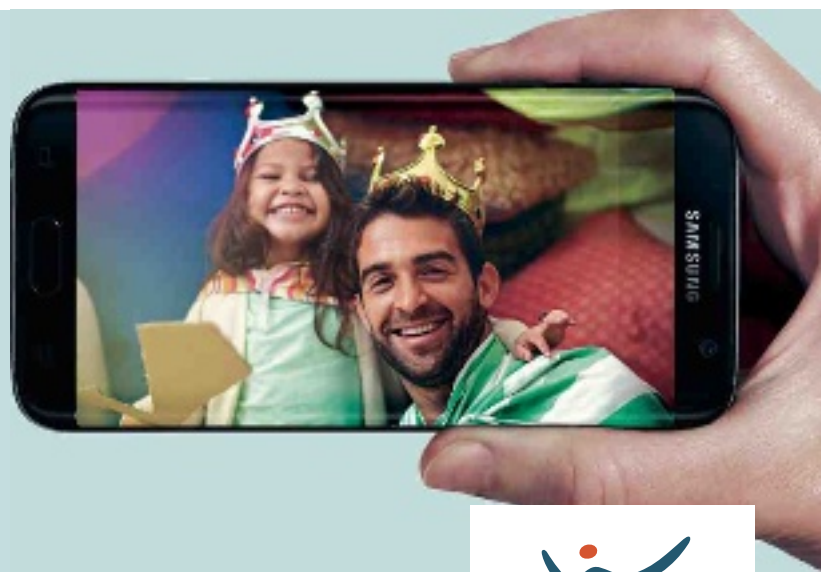
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One infrastructure project proposed for the western pathway near the Canal Ritz restaurant is a footbridge, illustrated here, that would span the Rideau Canal and connect Fifth Avenue with Clegg Street. COURTESY SUPPORT FIFTH-CLEGG CANAL FOOTBRIDGE FACEBOOK GROUP

Feds to hand out \$1.49B in funding

TRANSIT

Cash meant for track upgrades, new buses, shelters

The federal treasury is set to crack open its coffers and begin distributing \$1.49 billion worth of transit funding among cities in Ontario for track upgrades, new buses, shelters and upgrades to stations.

The details being announced Tuesday will outline \$688 million worth of projects in five Ontario cities that are lined up to be the first recipients of the dedicated transit funding.

The federal funds can be used against up to half the costs of eligible projects; the funding is retroactive to April 1 to cover any costs cities and provinces have incurred since then.

About \$500 million of the projects being announced Tuesday will be in Toronto, with Ottawa next on the list at \$156

million. Waterloo, Barrie and Sudbury, where the federal cabinet just wrapped up a two-day retreat, will receive about \$30.6 million combined for 20 projects.

Prime Minister Justin Trudeau is scheduled to be in Barrie, about 100 kilometres north of Toronto, to announce the signing of the agreement Tuesday alongside Ontario Premier Kathleen Wynne.

Federal cabinet ministers are also making announcements Tuesday as the Trudeau government seeks to capitalize politically on the long-awaited deal.

Newly minted House leader Bardish Chagger will be in Waterloo, Environment Minister Catherine McKenna in Ottawa and Finance Minister Bill Morneau in Toronto, the city that's getting the majority of the funding destined for Ontario.

The federal Liberals are bet-

ting that the \$6.6 billion set aside this year and next for infrastructure work — the first infusion of a promised extra \$60 billion over 10 years — will help kick-start the economy and pad government coffers with new tax revenue that will help bring the budget back to balance.

The federal government has also been pushing to spend the money quickly so as not to miss the summer construction season, but has been stymied by provincial delays in finalizing funding wish lists, including Ontario. Under the

new federal program, provinces are required to fill half of their funding wish lists before Ottawa can begin distributing the money.

An Ontario government source said the province is using a streamlined funding process to get money to municipalities as soon as possible.

THE CANADIAN PRESS

\$156M

Funds earmarked for projects in Ottawa.

TECHNOLOGY

Ottawa entrepreneur sees growth in hotel tablets



David Sali
Ottawa Business Journal

The way Kevin Bidner sees it, the hotel industry has been stuck in the '60s for far too long.

Aside from the odd change, such as the addition of free Wi-Fi and larger, flatter TV screens, the amenities travellers find in today's rooms aren't much different than those their fathers and grandfathers were offered decades ago, the Ottawa entrepreneur says.

Bidner and his partners are out to change that with technology they say is set to revo-

lutionize the hotel industry. Their company, Hotel Communication Network, makes computer tablets that offer guests instant access to an array of information and services from online food ordering to last-minute tour bookings.

The Ottawa-based firm recently achieved a milestone when it locked up deals with four of the world's largest hotel chains — Fairmont, Hilton, Hyatt and Marriott — at their biggest properties in San Francisco. Before the year is out, HCN's tablets will be featured in more than 7,000 rooms in one of the most-visited cities in the United States.

But Bidner, the company's CEO, says HCN's foray into San Francisco is just the beginning. The firm is also making inroads in Chicago, where its tablets can be found at major brands, including Hilton, and is planning on rolling out its technology in a third U.S. city before the end of 2016.

HCN has faced its share of roadblocks since the idea was first hatched more than a decade ago, but Bidner believes the company is finally on a sure path forward.

The company is now launching other innovations, such as an app that will give users

access to a live concierge service anywhere in a city, and Dine-In, a feature that lets guests use the in-suite tablet to order food from nearby restaurants and have it delivered

for less than the cost of room service.

Originally launched in 2005 and funded by a mix of venture capital, government grants and the founders' own cash, HCN has doubled its headcount to 35 in the past year.

Although he believes HCN is on the verge of becoming an international powerhouse, Bidner says the company will always remain true to its roots.

"We're happy to stay Canadian and happy to stay in Ottawa."

66

We're happy to stay Canadian and happy to stay in Ottawa.

Kevin Bidner

7,000

Before the year is out, Hotel Communication Network's says its computer tablets will be featured in more than 7,000 rooms in San Francisco after it locked up deals with four of the world's largest hotel chains — Fairmont, Hilton, Hyatt and Marriott.

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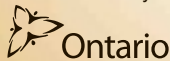
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CROWDFUNDING

LGBTQ firms join forces, aim to stay afloat for community



Haley Ritchie
Metro | Ottawa

Two of Ottawa's oldest surviving LGBTQ businesses are joining together to preserve Ottawa's gay history and remain a destination in the city's future.

Trevor Prevost, owner of Wilde's adult store, and Michael Deyell, owner of After Stonewall gallery, plan to move the stores into one location at 370 Bank St. next month.

Both businesses have a long history in the community, but when they recently went up for sale (Wilde's in 2015 and Stonewall in 2012) many feared the worst. While they were both bought and remain open, Deyell admits it hasn't been easy.

"It was harder than I thought," said Prevost. "Small business is difficult right now and it's been a difficult year, and not just for us. This is another way to save the businesses. We don't know — if things continue it would be hard to say what would happen in the next six months."

Both owners are hoping the plan to raise \$12,000 on crowdfunding site IndieGoGo for renovations and expand Wilde's into the basement will put an end to that uncertainty.

Merging the businesses together will cut down on over-



Michael Deyell, owner of After Stonewall, left, and Trevor Prevost, owner of Wilde's, take a seat in After Stonewall on Monday. JUSTIN TANG FOR METRO

head costs like rent while enabling more opportunities to create product lines together, expand online and open the space to events.

"Both businesses have been around so long it would be a shame to not have them anymore. That's why we're trying to work together and bring things into one area," said Prevost.

After Stonewall started in 1990 as a LGBTQ bookstore and is now part-bookstore, part-art gallery. Wilde's opened in 1993 as an adult store aimed

primarily at gay men. But since taking ownership Prevost has aimed to widen its audience to include trans customers and gay and straight women.

"Villages are disappearing," said Deyell. "It's not that there



It's been a difficult year. This is another way to save the businesses.

Trevor Prevost

isn't a need for this stuff, it's just that they can't afford to be in these places anymore. That's another reason to combine. People still need it, they just don't know where to go."

Prevost said businesses today need something extra to bring people in the door. The two plan to make Stonewall Wilde's a destination and a meeting place, with literary and art events as well as sex workshops and product launches. The store will also carry an LGBTQ product line including T-shirts, flags, jewelry and cer-

amics that cater to different subsets of the community.

The gallery and books will remain upstairs while adult products will be on display in the lower level. In order to make the store all-ages friendly, Wilde's will stop selling videos but continue its focus on toys, books, lubes and sexual health products.

Deyell said he doesn't expect to lose customers who are turned off by the sexy products — instead, cautious customers will appreciate the bright and colourful gallery storefront.

"It'll open some people's eyes," he said. "We'll have signage so if they want to go downstairs they'll know what is downstairs. I've spoken to two dozen of my clients and they think it'll be a fun environment."

So far supporters have raised more than \$500 through the online campaign. With three weeks to go, Deyell and Prevost hope to raise the total \$12,000 to cover new signage and the renovations that will allow for Wilde's to move into the building's basement.

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Local gold medallist returns home

STITTSVILLE

Olympian Erica Wiebe arriving at Ottawa airport



Haley Ritchie
Metro | Ottawa

Stittsville's wrestling champion returns to her hometown from Brazil Tuesday morning.

Erica Wiebe will touch down at the Ottawa Airport around 9:14 a.m. and will bring with her the gold medal that she won in women's freestyle wrestling in the 75-kilogram weight class at the Olympics in Rio de Janeiro last Thursday.

Mayor Jim Watson, Stittsville Coun. Shad Qadri and Wrestling Canada are encouraging people to welcome her home at the airport with loud cheers and red and white colours.

Wiebe was one of six Canadian women competing in wrestling at Rio and won one of the country's four gold medals.

Other gold medal winners returning from Rio this week include swimmer Penny Oleksiak, trampolinist Rosie MacLennan and men's high jump-

er Derek Drouin.

Across the country, Canadian athletes also brought home three silver medals and 15 bronze medals.

It was Wiebe's first time competing in the Games, but it wasn't her first time there: She was part of the support team in London in 2012, and volunteered in Russia in 2014.

She started wrestling as a Grade 9 student at Sacred Heart High School back when women's wrestling wasn't even an Olympic sport.

By Grade 12 Wiebe was competing nationally and her sport had finally joined the games. In her yearbook, Wiebe told her classmates to "watch for me in 2012."

While she currently studies and trains in Calgary, her parents still live in Stittsville and she returned to Ottawa last June to address students at her old high school.

The Olympic closing ceremonies took place Sunday night after more than two weeks of impressive athleticism and riveting personal stories. The 2016 Paralympics begin Sept. 7 and run until Sept. 18.

The next winter Olympics are set to take place in 2018 in Pyeongchang, South Korea, while the next summer games will take place in 2020 in Tokyo.



Erica Wiebe, of Stittsville, with the gold medal she won in defeating Kazakhstan's Guzel Manyurova in the women's 75 kg freestyle wrestling gold medal match at the Olympics last Thursday. THE CANADIAN PRESS

OPPORTUNITY

Tech titans scout student talent at Ottawa hackathon

Jacob Serebrin

Ottawa Business Journal

For high-tech companies, competitions are increasingly a way to identify potential employees and get their names out to university campuses.

Two dozen students from

Carleton University, the University of Ottawa and other schools spent last week showing off their network management skills as part of the SDN Throwdown Program, an international series of competitions put on by Juniper Networks.

The event was an opportunity to raise awareness of the competition among students at

the participating universities, as well as to assess talent and recruit engineers, said Jerry Pasione, the general manager of Juniper's OpenLab, a innovation centre within the company.

"It's a combination. You have to start to build a pipeline, you have to generate corporate awareness within not just the students but the collective

population of the university," he said.

"With the number of events that we've conducted, there have been internships and full-time positions offered to students that have participated in these programs."

For Telus, events like this have become "fundamental to our recruiting and technology

development strategy," said Walter Miron, the company's director of technology strategy.

The week-long program focuses on software-defined networking — where software is used to control networks and adapt to changes in the flow of data — and includes instruction and hands-on learning as well as the competition aspect.

For the student participants, it's a good career move, he said.

"They get an opportunity to build a network, they get an opportunity to engage with subject-matter experts," he said.

"They also get an opportunity to extend what they learned in the classroom with real-world practical knowledge on SDN."

IN BRIEF

Former teacher faces child sexual assault charges

A former Ottawa teacher faces 14 criminal charges related to child sexual assaults in the 1970s and '80s.

Ottawa Police began investigating former Ottawa-Carleton District School Board teacher Donald Greenham, 73, in June after a victim came forward alleging abuse between 1970 and 1982. Three men and one woman are known victims. There could be more.

Charges include gross indecency, indecent assault on a male and indecent as-

sault on a female, in keeping with the criminal code of the time. Police said the victims were between 14 and 17 while Greenham was a teacher and a coach. He was scheduled to appear in court Monday.

EMMA JACKSON/METRO

Organized search underway for missing woman

An organized search is underway for Rebecca McCaffrey, who went missing near Carling Avenue and Holland Avenue last Thursday.

The 30-year-old was last seen around 9:45 a.m. in the 1100 block of Carling Avenue,

police said.

Friends and family organized the search Monday to help find the woman who, according to her sister-in-law, may be hiding. Kim Dorris said the family suspects McCaffrey is "seeking out isolation and quiet." She said McCaffrey went missing in June but not for this long.

McCaffrey is described as 5'9", slim, with brown eyes, and long curly brown hair she often wears in a ponytail. She was wearing a khaki green V-neck T-shirt, brown yoga pants and running shoes when last seen. METRO

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A U.S. flotation invasion

SARNIA, ONT.

Winds turn boat party into international incident

Canadian authorities stopped an invasion this weekend: 1,500 people on inflatable rafts and boats that drifted across the border from Michigan during high winds on the St. Clair River.

The rafters were participating in the Port Huron Float Down, an annual event on the river that divides Michigan from Ontario.

The winds turned it into an international incident on Sunday.

Police in Sarnia, Ont., say the event has no official organizer and poses "significant and unusual hazards" given the fast-moving current, large number of participants, lack of life jackets, and challenging weather conditions.

They say it took hours for a bus service to transport some 1,500 U.S. citizens back



People celebrate as they start the Float Down at Lighthouse Beach in Port Huron, Mich., on Sunday. Thousands of people gathered for the event and floated down the St. Clair River. MARK R. RUMMEL/THE TIMES HERALD/THE ASSOCIATED PRESS

to Michigan.

Staff Sgt. Scott Clarke told the Times Herald the float-down participants were "unprepared to be stranded anywhere."

"It was a bit of a night-

mare, but we got through it," he said.

"There were long waits and long lines. They were cold and wet, but they all made it home."

The event started at Port

Huron's Lighthouse Beach and was supposed to end at Chrysler Beach in Marysville.

Sarnia city workers spent several hours Monday picking up beer cans, coolers, rafts, even picnic tables, that

washed up on the Canadian shore, said spokeswoman Katarina Ovens.

"I guess they were on the rafts," she said of the picnic tables.

THE ASSOCIATED PRESS

POLITICS

More Philpott travel expenses in question

The controversy surrounding Health Minister Jane Philpott's travel expenses grew on Monday as evidence surfaced that she billed taxpayers \$520 for access to Air Canada's executive airport lounges in North America and Europe.

The Opposition Conservatives,

who produced a receipt for her lounge membership, said she should repay the money.

"This trend of excess and entitlement on the part of this minister and the government basically is continuing," said Conservative health critic Colin Carrie.

Aaron Wudrick, the federal director of the Canadian Taxpayers Federation, also called for a refund.

"The things that are reasonable expenses are things that are directly related to their job," he said.

"I cannot see what the possible

connection would be between her needing lounge access and ability to do her job."

Last week, Philpott said she would repay \$3,700 in high-end car service costs after it was revealed she billed for \$1,700 on one day and more than \$1,900 on another day. THE CANADIAN PRESS



Health Minister Jane Philpott

THE CANADIAN PRESS

ENVIRONMENT

Wildfires rage in B.C.

Cooler weather was expected to help British Columbia crews battling a wildfire that has forced the evacuation of dozens of properties above the northwestern shore of Okanagan Lake.

The Bear Creek wildfire broke out late Sunday evening, near Bear Creek Provincial Park, and within hours the Central Okanagan Regional District ordered the evacuation of 156 properties.

A news release issued by the regional district early Monday morning said no homes were lost overnight, but some sheds or outbuildings may have been damaged about 10 kilometres north of West Kelowna.

About 60 people from the evacuated area had registered at an emergency reception centre in West Kelowna by Monday morning.

The evacuation zone covered the provincial park campground, a subdivision and homes along Bear Creek Road.

Fourteen properties in a second subdivision were under evacuation alert and a section of Westside Road was closed until further notice.

"It's been relatively quiet overnight, the winds certainly died down early (Monday) morning and it's much cooler," said Bruce Smith, the information officer for the Emergency Operations Centre in Kelowna.

Calmer conditions and temperatures down to 14 C overnight helped BC Wildfire Service members and crews from several area fire departments as they handled hot spots accessible from the perimeter, he said.

Another Okanagan fire about 80 kilometres south of Kelowna, also caused concern late Sunday.

THE CANADIAN PRESS

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ENVIRONMENT

Canada 'missed the boat' on climate

A leading expert on climate change says Canada "has missed the boat" when it comes to developing renewable energy resources that would mitigate the impact of global warming and its impact on human health.

Dr. James Orbinski, who teaches medicine at the University of Toronto, told a meeting of the Canadian Medical Association in Vancouver on Monday that Canada still has time to catch up with leading



This is like no other threat that the human species has ever faced.

Dr. James Orbinski

countries.

"For Canada, we have been stuck in this paradox," he said. "We are lagging behind economically in terms of the kind of advances that other nations like Germany, Spain, the nations of continental Europe, the U.K., China even — the kind of

policies that they're engaging in terms of dealing with the effects of climate change."

He says California has the fastest-growing economy in the United States despite putting a price on carbon emissions but Canada has not recognized what appears to be an

economic paradox.

The former head of Doctors Without Borders says wildfires, droughts and hurricanes are just some of the effects of climate change, along with higher global temperatures that will lead to rising sea levels.

Orbinski says the rate of temperature increases in Canada is two times higher than the global average, with greater hikes in the northern part of the country.

THE CANADIAN PRESS



Green party Leader Elizabeth May JUSTIN TANG/THE CANADIAN PRESS

May staying on as leader

POLITICS

Green party head takes blame over boycott row

Elizabeth May will remain Green party leader despite a controversy over the Middle East that divided members and prompted her to consider stepping down.

The party will revisit a convention resolution to support a movement to boycott Israel, along with any other recent policy decisions that lacked genuine consensus, May told a news conference Monday.

Meantime, May will focus on her work as a member of a parliamentary committee studying options for remodeling Canada's electoral system before the next national ballot in three years.

"This is a decision that I think the party needs as we build our strength, and as I work on electoral reform and we prepare for 2019," May said.

May, the lone Green MP, spent the last several days pondering her future during a vacation in

Cape Breton.

At the party's convention earlier this month, members voted to express support for the so-called boycott, divestment and sanctions (BDS) movement against Israel — a move May opposed and which Jewish groups swiftly denounced.

May has attributed the resolution's passage to the process — brief statements followed by a majority vote rather than the party's traditional approach of a concerted effort to arrive at consensus.

"We let ourselves down, and I take blame for that myself," she said Monday.

May firmly squelched suggestions she had thought about joining the NDP or the Liberals. "That was never even a consideration."

She was "overwhelmed to read so many letters of support" from Green members, non-members and fellow MPs.

She decided to remain leader only after meeting with the party's federal council late Sunday evening, May said. "It came to a question of support and unity. The council overwhelmingly wants me to stay on as leader." THE CANADIAN PRESS

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IN BRIEF

Doctors urge palliative plan

Canada needs to broaden its approach to palliative care to provide support to patients with serious chronic illnesses, not just those with cancer, a group of specialist doctors who deal with end-of-life care has suggested.

THE CANADIAN PRESS

Disclosure laws slammed

The recent arrests of two men accused of failing to disclose their HIV status to their sexual partners have renewed calls for changes to the current legislation that advocates said Monday contributes to the fear and stigma surrounding the disease.

THE CANADIAN PRESS

NATURAL DISASTER

Louisiana on long road to recovery

Storm victims spill out of the waiting rooms, some clutching water-stained documents, others with the long stare of those stricken by disaster, each with a story of personal tragedy about the Louisiana flood's devastation to their homes and their lives.

The line for the makeshift Federal Emergency Management Agency recovery centre started to gather before the facility opened Monday at a substance abuse treatment site

run by a local Baptist church.

The long, hard slog of recovery is underway across south Louisiana, after a storm that began Aug. 12 dumped as much as two feet of rain in some areas over 48 hours, causing catastrophic flooding.

At least 13 deaths have been attributed to the flooding, and more than 60,000 homes were damaged. President Barack Obama was expected to visit the area Tuesday.

THE ASSOCIATED PRESS



Residents clean out their flood-damaged homes in St. Amant, La., on Saturday. THE ASSOCIATED PRESS

TIMBUKTU

Malian extremist has 'deep regret'

Expressing "deep regret" for his actions, an Islamic extremist pleaded guilty Monday to orchestrating the destruction of historic mausoleums in the Malian desert city of Timbuktu.

Ahmad Al Faqi Al Mahdi, wearing a dark suit and striped tie, stood and calmly told judges he was entering the guilty plea

"with deep regret and great pain" and advised Muslims around the world not to commit similar acts, saying "they are not going to lead to any good for humanity."

The guilty plea was a landmark for the court, which has struggled to bring suspects to justice since its establishment in 2002. THE ASSOCIATED PRESS

Turkey vows to 'cleanse' border of Daesh terror

MIDDLE EAST

Bombing in Gaziantep killed at least 54 people

Turkey vowed Monday to fight Daesh militants at home and to "cleanse" the group from its borders after a weekend suicide bombing at a Kurdish wedding, an attack that came amid recent gains by Syrian Kurdish militia forces against the extremists in neighbouring Syria.

The bombing Saturday in the southern city of Gaziantep, near the border with Syria, killed at least 54 people — many of them children. Nearly 70 others were wounded in the attack, the deadliest in Turkey this year.

There was no immediate claim of responsibility, but officials said it appeared to be the work of Daesh. Authorities were trying to identify the attacker, who President Recep Tayyip Erdogan initially said was a child. However, Prime Minister Binali Yildirim said Monday that it was unclear whether the bomber was "a child or a grown-up."

"A clue has not yet been found concerning the perpetrator," Yildirim told reporters following a weekly Cabinet meeting. He said the earlier assertion that the attacker was child was a "guess" based on witness accounts.



A man cries as people stand around a coffin during a funeral for victims of a terror attack on a wedding party that left at least 54 dead in Gaziantep, Turkey, on Sunday. AFP/GETTY IMAGES

At least 22 of those killed were children younger than 14, according to a Turkish official who spoke on condition of anonymity in line with Turkish government rules.

The attack came after the Syria Democratic Forces, a coalition led by the main Kurdish militia groups in Syria, captured the former Daesh stronghold of Manbij in northern Syria under the cover of airstrikes by the U.S.-led coalition.

"It appears to be an act to punish the PYD," said Nihat Ali Ozcan a security and terrorism expert at the Ankara-based Eco-

conomic Policy Research Foundation of Turkey, referring to a Syrian Kurdish group whose militia is fighting Daesh. "It's the cross-border settlement of scores by two actors fighting in Syria."

Foreign Minister Mevlut Cavusoglu told reporters Monday that Turkey would press ahead with its fight against the Daesh inside Turkey and support efforts to remove extremists from its borders.

"Our border has to be completely cleansed of Daesh," Cavusoglu said.

Cavusoglu said Turkey had

+ RETALIATION

Media reports say Turkish artillery has attacked a U.S.-backed Syrian Kurdish militia as well as Daesh positions across the border in Syria.

become a main Daesh target because of measures it has implemented to stop recruits from crossing into Syria to join the fighting, as well as hundreds of arrests of Daesh suspects in Turkey. THE ASSOCIATED PRESS

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Crews battling wildfires

U.S. WEST COAST

Hearst Castle closed but Yellowstone stays open

Growing wildfires fed by windy, dry conditions have destroyed buildings and forced evacuations in central California and eastern Washington.

Crews in both states fought to contain the blazes Monday, with firefighters making headway in the Golden State while authorities tried to determine the number of homes lost in the Northwest.

Here's a look at major wildfires in the West:

CALIFORNIA: A growing wildfire in central California had charred nearly 130 square kilometres by Monday, while a destructive blaze in Southern California was mostly under control.

The blaze in San Luis Obispo County was threatening houses and only partially contained.

Residents of mostly rural homes near Lake Nacimien-



A plane drops fire retardant on a fast-moving wildfire in Spokane, Wash., that is threatening structures. THE SPOKESMAN-REVIEW/THE ASSOCIATED PRESS

to were ordered to leave late Sunday. Several other nearby communities have been under evacuation orders for days.

The famed Hearst Castle was closed over the weekend, though officials said the fire was growing in the opposite direction of the popular tourist

attraction built by media magnate William Randolph Hearst.

Meanwhile, a fire that destroyed 105 homes in Southern California was almost entirely contained and all evacuation orders were lifted.

WASHINGTON: Three fires in

the Spokane area have burned some homes and forced evacuations.

One blaze west of the eastern Washington city had destroyed at least six homes. The Lincoln County Sheriff's Office said 11 structures were destroyed, a figure that includes homes, gar-

ages and outbuildings.

People in the small community of Wellpinit on the Spokane Indian Reservation have been told to evacuate. The town also lost power.

Authorities said the blaze jumped the Spokane River and was charring tribal land.

Two other wildfires are burning in the Spokane area, also causing evacuations and destroying an unknown number of buildings.

WYOMING: The largest fire in Yellowstone National Park in northwest Wyoming grew amid windy, warm weather, but tourists could still visit the popular park.

All the park's main tourist facilities and roads were open Monday, although the fire was creeping toward a key road linking the West Entrance with the park's interior.

The blaze has charred mostly remote forest between West Yellowstone, Montana, a border town just outside the park's western boundary, and the Madison Junction recreational area within the park.

THE ASSOCIATED PRESS

TRANSGENDER RIGHTS

Bathroom order blocked

A U.S. federal judge in Texas has blocked the Obama administration's order that requires public schools to let transgender students use the bathrooms and locker rooms consistent with their chosen gender identity.

In a temporary injunction signed Sunday, U.S. District Judge Reed O'Connor ruled that the federal education law known as Title IX "is not ambiguous" about sex being defined as "the biological and anatomical differences between male and female students as determined at their birth."

The judge said his order, which applies nationwide, was not about the policy issues of transgender rights but his conclusion that federal officials simply did not follow rules that required an opportunity for comment before such directives are issued. "This case presents the difficult issue of balancing the protection of students' rights and that of personal privacy," he wrote.

THE ASSOCIATED PRESS

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CONVENIENCE STORES

Couche-Tard pays \$4.4B for U.S. chain

Alimentation Couche-Tard, already among the largest convenience store operators in North America, announced a \$4.4-billion US friendly acquisition Monday that would significantly expand its presence south of the border.

The Quebec-based company that owns the Mac's and Couche-Tard convenience store chains said it was buying CST Brands, which is headquartered in San Antonio, Tex., and has

more than 2,000 stores in the U.S. and Eastern Canada.

Brian Hannasch, CEO of Alimentation Couche-Tard, told analysts on a conference call that CST Brands fills a few gaps in his company's U.S. retail operations.

"It gives us an entry into Texas, a market that we've been focused on penetrating for the last three or four years," Hannasch said.

THE CANADIAN PRESS

BY THE NUMBERS

Canada	United States
About 1,830 stores under the Couche-Tard and Mac's brands.	More than 6,050 Circle K and Kangaroo Express sites in 41 states.
Europe	International
2,659 full-service (convenience and fuel) and automated stations (fuel only) under Circle K, Statoil and INGO brands.	Licensing agreements cover almost 1,500 stores under the Circle K banner in China, Costa Rica, Egypt, Guam, Honduras, Hong Kong, Indonesia, Macau, Malaysia, Mexico, Philippines, United Arab Emirates and Vietnam.

IN BRIEF

June wholesale sales up
Canadian wholesale sales were better than expected in June, offering a sliver of economic optimism in what's expected to be a rough quarter. Statistics Canada said wholesale sales grew by 0.7 per cent to \$56.4 billion.

THE CANADIAN PRESS

market minute

	DOLLAR 77.22¢ (-0.56¢)
	TSX 14,748.19 (+60.73)
	OIL \$47.41 US (-1.70¢)
	GOLD \$1,343.40 US (-\$2.80)
NATURAL GAS: \$2.68 US (+10¢)	
DOW JONES: 18,529.42 (-23.15)	



Frozen ducks are ready for sale in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Canadian producers to double duck output

FOOD

Celebrity chefs, reopening of Mexico market spurs demand

Despite a surge in cheap imports, Canadian duck producers are planning to boost production due to growing consumer demand spurred on by celebrity chefs and the reopening of the Mexican market.

Brome Lake, the country's oldest processor of domestic Pekin

duck, is spending \$30 million to build a facility in a former beef plant in Asbestos, Que., that will double its annual production capacity in five years to four million birds.

Ontario rival King Cole Ducks also plans to increase its output to stay competitive.

Canada's three largest producers, which also include B.C. supplier Fraser Valley Specialty Poultry, expect overall annual production to double from the current level of 5.5 million ducks.

A popular delicacy in Asian communities, duck is increasingly being sampled by new consumers.

"The young generation is trying more and more different products and duck is one of them," said Claude Trotter, president of Brome Lake, founded in 1912.

Although pricier than chicken, the red meat protein is increasingly being selected as an alternative to beef, which has experienced steep price increases.

Brome Lake hopes to begin production in November, four months after a fire destroyed its processing operations, offices, distribution facilities and a retail store in Knowlton, Que.

Processing has temporarily been shifted to a co-owner's oper-

ations in Indiana.

Duck is a Canadian niche culinary offering, but it's a popular item in Quebec for Brome Lake.

The processor aims to spur sales in the rest of the country beyond Chinatowns by offering a wider array of its products, including fresh meat, leg confit, sausages, duck pie and fondue meat — all of which are readily sold in Quebec supermarkets.

It also plans to educate consumers at supermarket tastings about the product that's traditionally only been served at Christmas and on other seasonal holidays.

THE CANADIAN PRESS

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METRO POLL

Best summer Games for Canada ever?

Canada's 22 medals in Rio amounted to the highest total at a summer Olympics since the 22 collected at the 1996 Atlanta Games. And our three gold medals was two better than at the 2012 London Games, though well short of the seven we won in Barcelona in 1992. And, of course, there were the exploits of Penny and Andre. We asked our readers to reflect on Rio.

1 Was Rio the best ever performance for a Canadian summer Olympic team?

94% Yes!



2 Who was the breakout Canadian star?

63% Penny Oleksiak in swimming
25% Andre De Grasse in sprinting
13% The women's rugby sevens team

3 How many medals will Canada win in 2020?

63% Between 22 and 25
31% More than 25
6% 22 on the dot
0% Less than 22

4 What was your favourite moment?

Kish finding her dad at the end of the bronze medal rugby game, if I had to pick just one.

Honestly, it was watching the women's 75 kg weightlifting finals. Wow!

It's Gotta be the Bolt-De Grasse bromance

Every single thing Penny did in the pool. What a hero!

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HAVE YOUR SAY

ROSEMARY WESTWOOD

No politician is exempt from the temptations and pitfalls of politics

On Saturday night, the king of Canadiana, Gord Downie, used the stage at The Tragically Hip's final national tour — which has lent us more pride and unity than Tim Hortons ever could — to praise Justin Trudeau's commitment to indigenous Canadians.

As if Trudeau's Teflon popularity needed a boost.

His approval ratings in June were so high (at 56 to 63 per cent) that iPolitics wondered, "How long will Trudeau's luck last?"

Canadians (mostly) see him less as a politician than as a genuinely good guy who's going to genuinely change our country for the better (and look good doing it).

But here's the thing: Trudeau is indeed a politician, and sooner or later, he's going to screw up like one.

Already, his health minister, Jane Philpott, has stepped in that most obvious and cliché of controversies: unnecessary overspending for no purpose other than convenience or preference for room-temperature cheese.

It doesn't take a smart, powerful woman to realize that \$1,700 on a limo service for one day would be bad optics as well as bad taste. And yet there was Philpott this weekend, apologizing for just such a snafu while hoping we believe it was an honest mistake, instead of a classic example of a political

privilege.

Likewise, witness Trudeau's kindred spirit and brother-in-sleek-suits, U.S. President Barack Obama, who has been embarrassed into visiting flood-ravaged Louisiana today. He'd previously been photographed bike riding with his daughters on holiday, while tens of thousands of people fled what the Red Cross has called "likely the worst natural disaster in the United States since 2012's Superstorm Sandy." The optics were already eerily similar to George Bush's absence during Hurricane Katrina, and then who should show up to hand out kids' toys but Donald Trump (proving that he can do the odd bit of conventional politicking).

The problem, as the National Post's Robyn Urback noted, is that "entitlement is, generally speaking, a non-partisan illness."

I have a better chance of buying a house in Vancouver than Justin Trudeau has of keeping up this nice-guy-in-a-politician's-clothing act. There will be more Philpott-esque controversies, because there always are, and Trudeau should be held responsible when they happen.

That doesn't mean we have to give up our Gord Downie-approved hope. I'm among those who believe it may be well placed. Meaningful change could happen, but the fairy tale won't last.

Two cities, a bridge and the cost of disconnection

COLLINS' CAPITAL

Steve Collins



We own it, but we're not allowed to use it.

It's been 15 years since the last train passed over the Prince of Wales Bridge, and over a decade since the city took CP Rail up on its we've-got-a-bridge-to-sell-you offer in 2005.

Since then, not much has happened on it but walking, cycling, fishing and swimming. These illicit, forbidden activities are soon to be stopped (or at least discouraged) with new security measures.

Transport Canada regulations require the bridge to be secured against trespassers, and Mayor Jim Watson last week raised the entirely-plausible prospect of lawsuits against the city should someone hurt themselves on it. On

the other side are councillors Jeff Leiper and Catherine McKenney, and signatories to a petition to let people use their own damn bridge.

The cost of keeping them out might come to \$250,000 for a couple of barriers at either end. How much that might buy in guard rails or other measures to make the bridge safer for users does not seem to be a consideration.

According to previous studies, it could become a proper cycling and pedestrian link for \$10 million or so, but without buy-in from the NCC or the City of Gatineau, Ottawa finds that price tag steep.

Other uses have been mulled and shelved, and the current plan seems to be do nothing (apart from block access) until we're ready to run trains across it again, maybe someday.

When will that day be? The planned second phase of

our light rail system, pushing service further east, west and south, conspicuously does not go north to Gatineau, and that takes us to 2023.

So check back perhaps sometime in the '30s. It seems a safe bet that as things stand, we'll have a new Prince of Wales before we have a use for the Prince of Wales Bridge.

That's a long time to keep one of the few links between Ottawa and Gatineau — and their two populations, which don't see nearly enough of each other — out of service. There's linguistic and cultural distance between the two sides, sure, but the main thing is, it's a long swim.

I live almost entirely on this side of the river, and am usually instantly lost once I've crossed over into seldom-seen Gatineau, always miss my intended highway exit coming back, and too seldom see a close friend who moved across a few years ago. (Hey,

Pierre!)

Connection, if you want it, can be relatively cheap. The segregated bike lane on Laurier Avenue, which cost \$1.3 million, logged its two-millionth cyclist through the downtown link this summer.

It can also be eye-poppingly expensive, like the potential \$2-billion bill unveiled last week for a tunnel to the Macdonald-Cartier Bridge, which would, it's hoped, divert some truck traffic off the long-suffering Nicholas-King Edward corridor.

As far as Prince of Wales goes, it seems we can expect a quarter-mil investment in disconnection, in keeping people out, and for now, that's about it.

Upfront, it costs nothing to do nothing, but leaving this bridge in enforced disuse, and cutting off a link between Ottawa and Gatineau, will exact its own toll on city life.

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Hydro Ottawa's 2015 partnership with the Children's Hospital of Eastern Ontario (CHEO) raised more than \$90,000 for the Max Keeping Fund for Kids. CONTRIBUTED

A life-saving utility bill: Hydro Ottawa and CHEO partner for patient care

For Hydro Ottawa customers, making the switch to e-billing this year won't just save paper — it could help save lives.

Beginning mid-August until the end of 2016, the utility company is partnering with the Children's Hospital of Eastern Ontario (CHEO): For every customer who switches to paperless billing or pre-authorized payments, Hydro Ottawa will donate \$5 to help CHEO upgrade its critical-care patient monitors.

"This is a classic win-win initiative," says Bryce Conrad, Hydro Ottawa's CEO. "CHEO will deliver better care and patients will experience better outcomes. The reduction in paper usage benefits the environment, while our customers will be better able to track and manage their accounts using online services."

Patient monitors are increasingly important to top-quality healthcare. The



"This is a classic win-win initiative," says Hydro Ottawa CEO Bryce Conrad (right). CONTRIBUTED

equipment tracks vital information such as pulse, breathing rate, temperature and blood pressure, helping medical teams quickly get an accurate picture of a patient's condition. The monitors are also an instant

”

The 2015 campaign raised more than \$90,000 and helped more than 260 families access care at CHEO.

link between CHEO inpatient units and central nursing stations.

Last year marked the first formal fundraising partnership between Hydro Ottawa and CHEO. The 2015 campaign raised more than \$90,000 for the *Max Keeping Fund for Kids* and helped more than 260 families.

"We were so pleased with the outcome of last year's campaign that we decided to build

on it for 2016," Conrad says. About a third of Hydro Ottawa's customers already rely on paperless billing, though more than 200,000 have yet to make the switch. "It's no longer like it was a generation ago, when customers would receive their bill in the mail and send back a cheque," he says. "Today's customers expect much more from their utilities, and providing online access enables us to meet their expectations."

Simple, convenient e-billing is only one of the features of Hydro Ottawa's MyHydroLink. There are also online tools to track electricity consumption and tips to reduce usage and costs.

"Supporting youth in a number of ways, including through health and wellness initiatives, is a key objective of our corporate social responsibility policies," Conrad adds. "We're a caring, community-owned company."



CHEO's champions: Four kids whose lives were saved

The Children's Hospital of Eastern Ontario (CHEO) uses patient monitors every minute of every day. Upgrading the fleet is critical to ensuring all patients receive the best possible care. Here are just a few of the many children whose lives have been touched by CHEO.

Madison, age 10

When Madison was eight years old, her legs gave out on her while skating. Soon after, she developed a sore neck and complained of feeling nauseous, so her parents rushed her to CHEO. Five months later, Maddie was diagnosed with brain cancer and underwent a 15.5-hour-long operation to remove the tumour. Her treatment also involved a number of other procedures. Madison has since completed her treatment and she and her family are grateful for the level of care they received at CHEO during such a difficult time.



"We can't say enough about the treatment Madison has received at CHEO. We are so fortunate to have CHEO in our community and we are also thankful that companies like Hydro Ottawa help raise money for the hospital that saved our daughter's life."
— Denis and Shelley, Madison's parents

Jacob, age 13

Jacob arrived at CHEO with a severe case of what doctors call "failure to thrive." Soon after, he was diagnosed with scoliosis, an abnormal lateral curvature of the spine, as well as cerebral palsy, a neurological condition that causes a variety of impairments, including a lack of muscle tone, coordination and motor skills. Jacob has had 14 operations and will require even more as he grows, but that hasn't stopped the Kemptville boy from dreaming big. Recently, Jacob travelled to Montreal to take part in his first ever basketball tournament, accomplishing his long-time goal of becoming an athlete. He also co-hosted this year's CHEO Telethon and admits he would love to appear on America's Got Talent and dance with Ellen DeGeneres.



"We know first-hand how important it is for CHEO to have the best medical equipment available. By raising money for new patient monitors, Hydro Ottawa will be helping kids at CHEO every day."
— Clare, Jacob's mom

Lily, age 4

Lily and her family's journey with CHEO started when she was just two years old. After being admitted to her local hospital with pneumonia, Lily was then rushed to CHEO with a suspected enlarged heart. Upon her arrival, it was discovered that Lily's kidneys were shutting down. At the time, she had just 40 per cent kidney function. Lily spent two weeks in an induced coma in CHEO's intensive-care unit. For months afterward, she underwent dialysis three to four times a week until a kidney donor was found. Lily received her new kidney last October and is now a chatty, happy-go-lucky four-year-old.



"We are so thankful that CHEO was here for our family. We know that having the best medical equipment available for the doctors and nurses at CHEO is critical to patient care. The upgraded patient monitors will mean so much to so many kids just like Lily."
— Sara and Kris, Lily's parents

Jack, age 9

Jack, pictured on the right with his brother Ben, was rushed to the emergency room at CHEO after suffering a seizure at home. A CT scan revealed a growth behind his left ear, which would require two lengthy surgeries. Jack's first operation was a 17-hour procedure followed by a 14-hour surgery the following week. In total, Jack was under CHEO's care for 24 days, including 31 hours of brain surgery.



"No words can express our family's gratitude to the staff at CHEO for saving Jack's life. We are always looking for ways to give back. We want to thank Hydro Ottawa and its customers for thinking of the kids at CHEO."
— Rob and Sandra, Jack's parents

The Children's Hospital of Eastern Ontario (CHEO) helps over 69,000 children and youth every year.



The edge of care

Children's hospital gets state-of-the-art medical monitors

The Children's Hospital of Eastern Ontario (CHEO) helps over 69,000 children and youth every year with more than 2,500 doctors, nurses and staff on hand to ensure the best possible care. A critical part of the care CHEO patients receive are the patient monitors, which are used almost every minute of every day across nearly all of the inpatient units. These vital pieces of equipment measure patients' temperature, pulse, breathing rate and blood pressure at the bedside and provide the medical team with ongoing information about the patient's condition. That information is then fed back to the central nursing stations in real time. For the last three years, CHEO has been undergoing a massive overhaul of its patient equipment — both the hardware and software

— to ensure everything is up to date. Mark Asbil, manager of clinical engineering at CHEO, says the operating system for some of the hospital's computers will no longer be supported as of Dec. 31, 2016. This means that some components of its important medical-grade computers including the electronic-records charts at patients' bedsides are at risk. "The problem, like everything that involves software and hardware, is the ripple effect," Asbil says. The upgraded monitors will help CHEO keep its electronic — and paperless — health records state-of-the-art. Just last year, CHEO became the first hospital in Canada to receive a Stage 6 electronic health-records designation for its outpatient clinics from the Healthcare Information and Management Systems Society, putting it among the fewer than one per cent of Canadian hospitals to go that far in implementing electronic patient records. The upgraded patient monitors will make a big difference, not just for CHEO's health-care professionals, but also for its patients, Asbil says. For doctors, it means accessing vital stats anytime, anywhere, to help ensure patients are recovering or responding to medical care. For nurses, the upgraded fleet will allow them to monitor vital stats and get a complete picture without having to disturb or wake the young patients, among other benefits.



For every new e-billing customer, Hydro Ottawa will donate \$5 to help CHEO upgrade its critical (and paperless) patient monitors. CONTRIBUTED

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CAN MAKE A BIG DIFFERENCE



Switch to E-Billing by December 31st and we'll donate \$5 to help CHEO upgrade its critical (and paperless!) patient monitors.

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Lily, age 4



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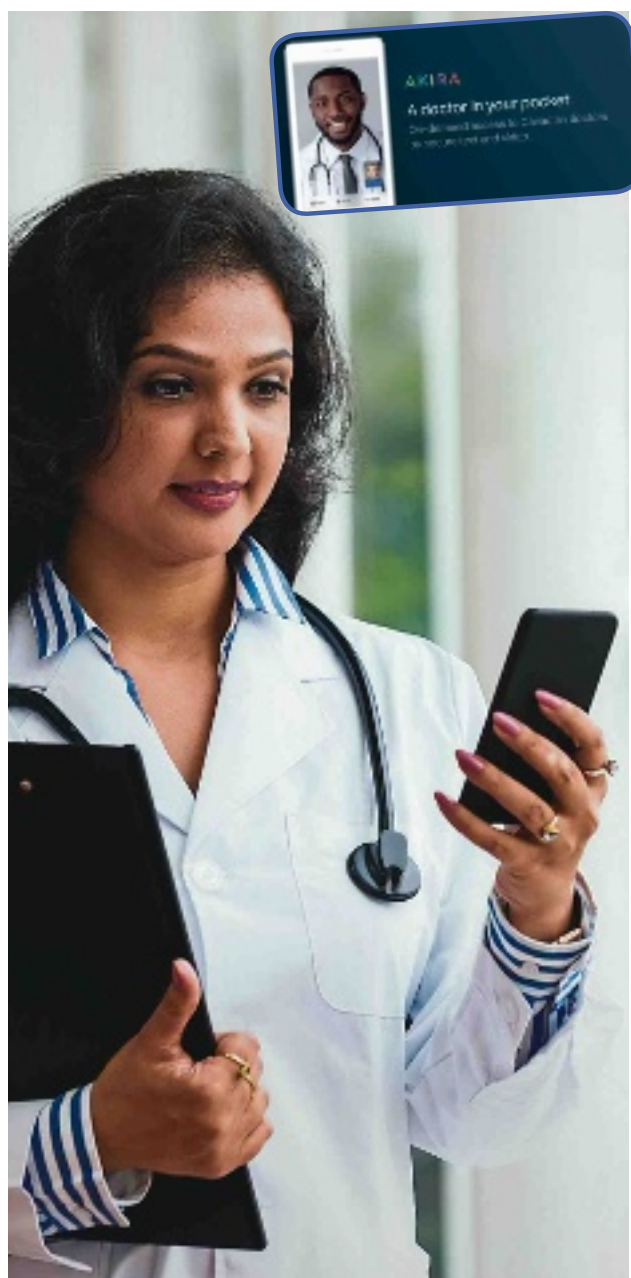
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Jacob, age 13





Akira (logo inset) is a telemedicine app that allows patients to speak to doctors via text and video conferencing to get medical advice and prescriptions. ISTOCK

Doctors without bricks and mortar

TECHNOLOGY

Can an app replace a visit to your health care provider?

Genna Buck
Metro Canada



When Nicole Simone had tell-tale signs of an eye infection a few months ago, she was pretty sure she knew what she had. She also knew her family doctor typically books appointments at least three to five days in advance.

Suspecting she was contagious, the Toronto-based photographer didn't feel up to visiting a walk-in clinic.

So she downloaded the smartphone app Akira, made by the Toronto startup of the same name. She signed up for a \$9.99/month plan, filled out a form with her health history, submitted some photos of her eye, and spoke to a doctor by text message, answering "a bunch of questions."

Within 20 minutes, a prescription for an antibiotic had been sent to Simone's pharmacy. She did not need to submit her health card.

"I paid 10 dollars to not wait in the waiting room and catch more diseases,"

Simone said.

Services like this have been around in the U.S. for years, but they don't seem like they would be allowed in Canada — doesn't our single-payer health care system cover the treatment of eye infections?

It does. But in Ontario, where Akira launched in May, the provincial health insurance program doesn't cover telemedicine — the use of telecommunications technology to provide clinical care — so companies are free to charge for it.

And Canadians are eager to pay for it. A 2014 report in *HealthcarePapers* found nearly 80 per cent of us would like to be seen by our health providers online. That's what Akira does: Via text and video conferencing, its doctors and nurse practitioners can examine you, give advice, order lab work, refer to specialists and write prescriptions — all without you leaving the couch.

All this raises questions about what role the for-profit tech industry should play in Canadian health care, where medically necessary services are privately provided, but publicly funded and free; a right many Canadians hold sacred.

Plans are in the works to expand across the country, Akira CEO Dustin Walper said, but it could take awhile because what services are cov-

ered varies from province to province. Health care, like transportation and communication, could benefit from a bit of disruption from the tech sector, he added.

Pascale Lehoux, public health innovation professor at L'Université de Montreal, is less enthusiastic.

"The electronic health industry is very heterogeneous, including many small startup firms that have to generate a lot of 'buzz' for investors ... these firms have to chase the most profitable business model (e.g., clients with low health risks)," she said in an email.

Lehoux is not confident private, digital health services will ease the burden on Canada's overtaxed health system.

"From a public health perspective, such firms are unlikely to respond to pressing needs," she said.

"They respond to the needs/anxieties of (potentially wealthy) clients and work with physicians who are highly sensitive to financial incentives. What kind of health outcomes shall one expect from that?"

Akira's doctors are paid by the day by the company, regardless of how many patients those doctors see, and visits are unlimited.

The company also relies on patients to give their medical

BY THE NUMBERS

30

The typical age of an Akira user, according to CEO Dustin Walper.

80%

The proportion of Canadians who would like to be able to see their health provider online.

history. Akira will send its records to your doctor, with permission, but the reverse isn't possible — your family doctor can't share your electronic medical record with Akira.

Walper said it's not for him to say whether Akira is eventually covered by provincial plans, private insurance, or continues as an out-of-pocket service.

But he thinks one day Canadian hospitals will come knocking, wanting to use the technology that companies like his have developed.

"If we don't incubate and innovate our own companies in this country, down the road, we're just going to buy the technology from someone else."

YOGA

Brush that stress off your shoulder

YuMee Chung
Torstar News Service

Although the ancient Indian healing system of Ayurveda may be the lesser-known sister of yoga as far as most westerners are concerned, Ayurvedic self-care techniques are increasingly gaining interest among the stretchy set. Body Brushing (a.k.a. Garshana) is a dry body massage that refines the skin, increases circulation, and encourages lymphatic drainage. Do it in the mornings before you shower.

1. Undress.
2. Use a dry, stiff-bristled brush to thoroughly massage your arms and legs with long sweeping strokes that move in the direction of your heart. Don't forget to include your hands and feet.
3. Employ circular strokes on your hips and backside. Massage your stomach with clockwise circles.
4. Avoid your face, chest, genitals, broken skin and any other sensitive areas.
5. Complete your massage with a shower. Consider alternating between warm and cool water to boost circulation.

Skin Facts

Your skin is your largest organ, accounting for about 15 per cent of your body weight and covering roughly two square meters. It's a stretchy, self-healing protective barrier that also forms part of the immune and excretory systems. Your skin renews itself every 28 days and sheds more than 30,000 dead cells each minute.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. Learn more about her at padmani.com.



Start the day with an invigorating skin brush. TORSTAR NEWS SERVICE

Soggy pizza stirs summer memories

ESSAY

Not every child gets the campfire and pine tree experience

Karon Liu
Torstar News Service

The quintessential scents of a Canadian summer are the whiffs of pine trees seeping through the car windows while pulling up to the cottage; the morning air that greets you when you open your tent; and the smoky aroma of marshmallows over an open flame.

At least, that's what I was brought up to think were the smells of summer while I was watching TV.

Truthfully, the summer scents of my childhood consisted of soggy Pizza Pops, Kraft Dinner and lukewarm pizza bagels eaten in a wood-panelled basement with yellowy fluorescent lights.

My sister and I didn't spend a lot of time outside when we were kids.

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio.

My mom is also one of those moms that would forward you emails in all-caps believing that

As immigrants from Hong Kong, where temperatures average 30 C in the summer and the humidity gets so intense you have to refrigerate bread or else it gets mouldy, my mom found it perplexing that people would willingly leave an air-conditioned home and sleep in a tent or eat on a patio

Karon Liu



Karon Liu writes that this summer he's cooped up in the Torstar test kitchen — where no microwaveable pizza is allowed.

TORSTAR NEWS SERVICE

urban legends were real.

She'd tell us stories of strangers pricking people with AIDS-infected needles in movie theatres, and my favourite: kids being kidnapped, killed and then having their bodies used to smuggle cocaine past airport security. You know, stuff you'd tell a 7-year-old.

We didn't believe her, but we

were still forbidden to go outside without adult supervision — including the backyard. So when school was done for the year, we'd just stay inside all day. My grandma was still living with us at the time and she watched us while my parents were at work. She'd heat up a can of alphabet soup for my sister and I while we watched *The Price is Right* fol-

lowed by *The Flintstones*. After that it would be another block of TV-watching in the basement before the afternoon hunger pangs set in.

Our fridge was stocked with all kinds of frozen junk food stockpiled from Costco: Pizza Pops, Bagel Bites, French fries.

My parents knew this was the bottom of the barrel when

it came to nutrition, but it was quick to heat up and didn't require my sister or me to turn on the stove.

As first generation kids growing up in the '90s — a time when sushi and hummus were still exotic to the masses — we wanted to fit in with all the other kids and stuff ourselves with the junk food we saw on TV. I can still

conjure up the moist and funky smell of overly processed pizza sauce undoubtedly seeping into the faux wood-panelled walls of our basement.

I don't think my sister and I ever really enjoyed eating that garbage, but we convinced ourselves that we were supposed to like this stuff since we saw it advertised all the time.

We didn't really embrace Chinese cuisine again until we were in our 20s.

It's something I look back on with a bit of regret: I was too busy stuffing myself with crap food to appreciate my grandma's food. She died by the time I developed an interest in cooking.

Eventually, our lives became less of a *Virgin Suicides* scenario: My sister moved out to live when her then-boyfriend and I became a boots-on-the-ground aspiring reporter and went to study journalism.

To our parents' credit, they trusted us. They knew we'd have to explore the world or else we'd be a pair of Chinese Norman Bates, and they accepted that there's a cultural difference between us that they would never understand (for example, me going camping and my sister's love of brunch).

Nowadays, my sister's summers consist of her and her husband taking their little Madeline to the park.

Ironically, this summer I'm cooped up in Torstar's test kitchen as the aroma of cookies, seared chicken and roasted cumin-scented cauliflower fills the windowless room.

No microwaveable pizza is allowed.

RECIPE

Romesco sauce: Your solution for all those ripe tomatoes

The chef, staff, food and wine at Araxi Restaurant and Oyster Bar, the celebrated fixture of B.C.'s Whistler Village, often find their way onto regional "best of" lists.

The restaurant prides itself on farm-to-table sourcing and dining, and the menu is designed around fresh ingredients from local farmers, fishers and ranchers. There, a 6-ounce Canada Triple A beef tenderloin steak is priced at nearly \$50. A prawn and pea risotto will set you back almost \$30.

A new cookbook authored by Araxi executive chef James Walt, who grew up working on Ottawa-area farms and was seduced by a local food philosophy early in his restaurant training, is more accessible for regular folks. Walt now lives among the producers and farmers of the Pemberton Valley and Araxi's identity is firmly entrenched

in its west coast surroundings.

Araxi: Roots to Shoots, Farm Fresh Recipes is the second Araxi cookbook — the first earned a James Beard award nomination — and includes seasonal recipes from the restaurant dining room and its outdoor longtable series adapted for home cooks anywhere in Canada.

Grilled Bread with Romesco and Cheese

Romesco is a common Spanish sauce that typically includes tomato, nuts, garlic, peppers and day-old bread as a thickener. It's great this time of year when tomatoes are fresh from the field, as the ingredients are few and simple.

This would be delicious hot or cold over pasta, or with fish.

Ingredients:

- 5 large tomatoes, cores re-

moved and cut in half

- 1 head of garlic, divided into cloves, skins on
- 1 red bell pepper, seeded and cut in half
- 1/3 cup (80 mL) blanched almonds
- 1 slice crusty bread, cut into quarters
- 1/2 cup (125 mL) olive oil
- 1/4 cup (60 mL) red wine vinegar
- 1 tsp (5 mL) sweet paprika

Directions:

1. In a medium roasting pan, arrange tomatoes, garlic cloves, red pepper, almonds and crusty bread. Drizzle with 1/4 cup olive oil. Bake at 375 F (190 C) for 30 minutes or until tomatoes and garlic cloves are softened but not blackened.

2. Remove from oven. Set aside until cool.

3. In a food processor, squeeze garlic from skins. Add roasted ingredients, remaining olive oil, vinegar and paprika. Pulse to combine. Add sea salt to taste and blend until smooth.

Grilled bread:

- 2 baguettes, sliced on diagonal into half-inch slices
- 4 tbsp (60 mL) olive oil
- Salt and pepper
- Goat cheese

Directions:

1. With a pastry brush, baste one side of bread slices with olive oil. Season with salt and pepper to taste. On a barbecue or indoor grill over medium-high heat, cook on one side until golden and lightly charred, about 5 minutes.

2. Turn bread over and grill



The Araxi cookbook features seasonal recipes from the restaurant dining room adapted for home cooks. TORSTAR NEWS SERVICE

for another 3 or 4 minutes. Repeat until all slices are grilled.

3. Apply a dollop of romesco

sauce to the grilled toasts. Add 1 teaspoon goat cheese to each toast.

Serve warm.

TORSTAR NEWS SERVICE



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DIY letter blocks for the kids

CRAFTING

Cute project is as easy as ABC

Transform loose pages slipping out of an old book into something shelf worthy. Personalize a child's room by turning their initial into a piece of art from the pages of an old bedtime story or comic book. It's as easy as ABC.

TRY IT

Step 1: Gather supplies

If you don't have old illustrated books that you are willing to rip apart, visit a thrift shop or secondhand bookstore to find vintage books to use for this project.

You'll need:

- Wooden letters
- Pages from old books
- Mod Podge
- Scissors
- Paint
- Paintbrush
- Foam craft brush
- X-Acto knife

TIP

Visit your favourite thrift shop or second-hand store to find vintage books for this project.

Step 2: Paint the letters

Give the letters a coat of paint for a pop of colour. Let dry.

Step 3: Make a collage

Select the book pages, illustrations and text that you want to include on the letter. Depending on the design, you may wish to trace the letter onto a book page and then cut it out with scissors or do a more freestyle collage with pieces of illustrations and words scattered.

Step 4: Glue it on

Apply a thin layer of Mod Podge to the back of the paper and adhere it to the letter, smoothing it out to remove any air bubbles. Cover the letter, overlapping the paper to create a layered, collage type look. Let dry for approximately 20 minutes.

Step 5: Trim it

Use the Exacto knife to carefully trim away any excess paper.

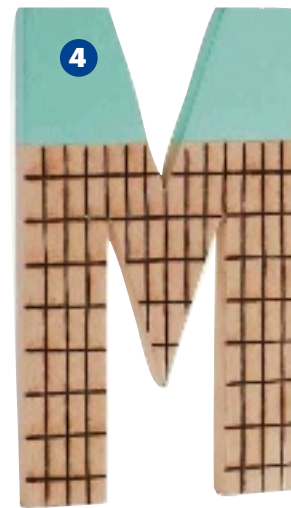
Step 6: Seal it

Use a foam brush to apply a coat of Mod Podge on top of the paper to seal and protect the design. Let dry for approximately one hour before handling.

TORSTAR NEWS SERVICE



Making letter blocks of your kid's initials is a great way to personalize a bedroom. DEBRA NORTON/FOR TORSTAR NEWS SERVICE



RETAIL

Not feeling crafty? Buy it

If decoupage is not your craft, we've rounded up a selection of arty letters ready to hang.

1 Indigo A bold, black monogram for the wall, ready to hang as is or personalize with paper and paint. Black wooden letter, A \$13.50 (sale price) CDN/ Orders over \$25 ship free Ready to ship.

2 Letters by Leslie Order a custom wooden name sign, available in a rainbow of colours. Personalized name sign \$60.97 CDN / \$16.26 shipping Ready to ship in two to three weeks.

3 Pottery Barn Kids A unique paint dipped, wood burned 8" letter includes hanger on back. Harper Painted Letter, 20" x 30" \$115.43 CDN/ \$21.93 shipping plus duty Ready to ship.

4 The Land of Nod A traditional turned wood style candleholder gets a modern update in cool cement. "M" Wood Shop Letter by Ampersand Design Studio \$12.37 CDN / \$32.68 shipping Ready to ship.

5 Anthropologie Add a modern beveled woodshop monogram to your wall. Woodshop Monogram Letter \$22 USD/ \$20 shipping Ready to ship. TORSTAR NEWS SERVICE

Don't let chores breed resentment

RELATIONSHIPS

Couples need a system for dividing responsibilities

Sofi Papamarko
Torstar News Service

Jen Horsey travels a lot for work. So does her boyfriend. Sometimes, things get messy.

"When I get home from a trip, I unpack right away," says Horsey, a marketing professional.

"I put the dirty clothes in the laundry, stow the suitcase and restore all my toiletries to the bathroom — even if I'm only home for a couple of days before I leave again. He, on the other hand, just opens his suitcase and lets it vomit its contents all over our bedroom floor."

Horsey doesn't consider herself a neat freak — houses are

meant to be lived in, after all — but she does prefer it when things look tidy. "My boyfriend doesn't notice mess the same way I do," Horsey says.

It's not a gender thing. Nine times out of 10, my own boyfriend's place is immaculate. Whereas I am writing this on a coffee table littered with old magazines, bottles of nail polish and a constellation of pistachio shells. (I'll get to it later, okay?)

No matter how compatible you may be with your partner, if you have different cleanliness ideals, could it spell trouble for your relationship? I asked Toronto psychotherapist and couples counsellor, Kirk Austensen.

"(Cleanliness and) the division of household labour is absolutely an issue in a relationship," he says. Austensen explains that in relationships where there is this type of imbalance, there is usually one person who is an "overdoer," while the second is a more laissez-faire person. The labour imbalance eventually breeds resentment. "Resentment is the number one relationship killer," says Austensen.

Hiring a regular cleaning service is a great solution. But what about couples and families who can't afford it?

Austensen recommends that couples communicate and create a vision or plan that works for



Jen Horsey and her boyfriend don't exactly see eye-to-eye on when it comes to how quickly one should unpack a suitcase after a trip. TORSTAR NEWS SERVICE

them (for instance, one partner does the cooking and cleaning and then other partner does the laundry, yardwork and handles the bulk of the childcare).

If one of the partners slips up, nagging is definitely not the way to go, as it could breed further resentment. "There has to be feedback and positive acknowledgement," says Austensen.

"Couples should be checking in with each other about the things that they're both doing and contributing, ensuring that they're honouring their commitments."

Praise your partner for the things they do around the house ("Thanks for unloading the dishwasher, honey!") instead of complaining about what they don't

do or haven't gotten around to yet. And figure out what works best for both of you.

Horsey came up with her own creative solution to her and her boyfriend's post-trip clutter issue — he has his own patch of floor.

"That is where his pile goes. I don't try to organize it or clean it, aside from putting a suitcase or blanket over it sometimes to

camouflage the eyesore," she says. "For his stuff, that is 'put away.'"

She also outsourced the rest of the problem. "I have a cleaning lady who is fantastic. She only comes every couple of weeks but it's a great reset and we don't fight about household chores anymore — because there aren't any."



Resentment is the number one relationship killer

Psychotherapist
Kirk Austensen

PET PSYCHE

Meet Gunner: He loves swims, snacks and his superhero Underdog

When two-time Paralympian Katarina Roxon first laid eyes on Gunner, she knew he was the perfect dog for her. The only catch was he belonged to someone else. Lucky for Roxon, that someone was her close friend, Travis, and the two decided to give joint custody a try.

With the countdown on to the Rio 2016 Paralympic Games, Roxon's time is divided between the pool and the gym — and her

part-time pooch is always game to join her for a 10-kilometre run. But it's in the water where both Roxon and Gunner are happiest.

As the current world record-holder in the 50-metre backstroke, Roxon is not only out to defend her title, but also medal in all six other events in which she's competing starting Sept. 9.

Here we're put Roxon to the test with part of the personality questionnaire made famous by

French novelist Marcel Proust.

What is Gunner's idea of perfect happiness?

Definitely being in the water — whether it's clean or dirty water, he really doesn't care — he will go in and have a big old splash. He loves it.

Who is Gunner's hero of fiction?

Underdog (Disney's canine

superhero). So in the movie, the dog can fly. Gunner will jump off absolutely everything, so I think he thinks he can fly just like Underdog.

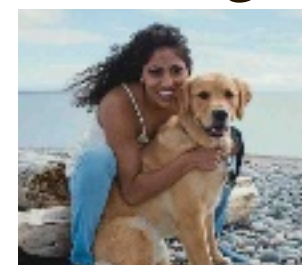
What would Gunner's favourite occupation be?

Professional food taster. He will eat anything.

What is Gunner's most treasured possession?

His ball. We take it whenever we go to the dog park — and he isn't afraid to share with other dogs. He's really cool about it.

We'll throw the ball and the other dog goes and gets it — Gunner will chase after it too but he'll let the other dog get it — then, we'll get the owner to give the ball back and we'll throw it again.



Katarina Roxon and Gunner.

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GOSSIP BRIEFS

Joni Mitchell OK after aneurysm, seen at event

Joni Mitchell, 72, has made a rare public appearance at a concert in Los Angeles, over a year after suffering an aneurysm.

In a photo on Mitchell's website, the reclusive Canadian folk legend is seen at Saturday's Chick Corea concert at the Catalina Bar and Grill in Los Angeles.

"We are thrilled to see Joni out and about again!" says the website posting.

Mitchell (seen right in a file photo) was admitted to a hospital in March 2015 for an aneurysm.

The native of Fort Macleod, Alta., has received eight Grammy Awards, including a lifetime achievement award in 2002.

THE CANADIAN PRESS

Film innovator dies at 98

An Oscar-nominated filmmaker who developed a technique to transform illustrations from children's books into moving images for films has died. Morton Schindel was 98.

His technique involved using cameras to make original artwork from books move across the screen. It was used in the 1973 film *Where the Wild Things Are* based on Maurice Sendak's children's book of the same name. The Orange, N.J. native and former New York resident produced more than 300 movies and 450 recordings.

In 1986, he received an Academy Award nomination for *Doctor De Soto* based on the children's book by William Steig.

THE ASSOCIATED PRESS

Winter's coming and Swedish actor Joel Kinnaman is ready

INTERVIEW

Star talks about working in -30C weather and icy water plunges

Coming from Sweden, Joel Kinnaman has done some rolling in snow and leaping into ice-cold water "for pleasure."

So plunging into a hole in the ice in a Sudbury, Ont.-area lake while filming drama *Edge of Winter*, opening Friday, should have been easy. But there was something missing: the steaming sauna that comes first.

"You get this real endorphin rush out of it but it's different when you don't have a sauna," Kinnaman said with a chuckle of the scene where his character rescues his son (played by Spider-Man Tom Holland) after he falls through ice.

"Condition-wise, it was the toughest shoot I've done," Kinnaman said of the primarily night shoots in wooded areas with temperatures below -30 C. Born in Stockholm to a Swedish mother and American father, 36-year-old Kinnaman lives in Los Angeles but says 90 per cent of everything he's done onscreen since leaving Sweden has been in Canada.

He may as well be an honorary citizen. Like a typical Canadian, Kinnaman spends time talking up the Great White North to those unfamiliar with the country, explaining, "if Sweden and America had a baby, it would be Canada."

Kinnaman first drew notice in 2010 when the Swedish crime thriller *Snabba Cash* (*Easy Money*) hit theatres in his homeland. A huge box office and critical hit at home, the

movie screened at the Toronto International Film Festival before a brief theatrical run in 2012.

Kinnaman's made-in-Canada credits include the Toronto-shot box office titan *Suicide Squad*, where he plays elite soldier Rick Flag. He also shot the 2014 remake of *RoboCop* here and co-starred in four seasons of AMC crime drama *The Killing* in Vancouver. He's back to the West Coast soon to begin work on new Netflix sci-fi series, *Altered Carbon*.

Kinnaman spoke to the Star from L.A. where he shared insight into some of his characters.

Edge of Winter

Kinnaman plays Elliot, a separated dad not known for making good choices. He takes his young sons (Holland and Percy Hynes-White) on a trip to the woods where he hears the unwelcome news that he is losing custody. Mounting desperation quickly makes him irrational.

"What really drew me to the script and the story was it wasn't black-and-white," he said. "It's really hard to try to create sympathy for a character who becomes a danger to his children's life."

Kinnaman, whose mother is a therapist, spent a lot of time researching and working out the roots of Elliot's psychological makeup, "and what was broken in him."

He figured Elliot had a borderline personality disorder. "The whole feeling of being left, being deserted is something that is so powerful, it knocks him out. He can no longer think like a normal human being."

Suicide Squad

"I had a lot of fun playing this guy," said Kinnaman of Rick



Joel Kinnaman stars in *Edge of Winter*, a Canadian-shot drama. CONTRIBUTED

Flag, the reluctant commander of the *Suicide Squad* gang of misfits and criminals. Director David Ayer, who was once in the U.S. navy, "was very generous with his own experience," Kinnaman said. He also had the actor train for months with military advisers to get ready for the role. "It was a very fascinating learning experience to get to spend so much time with these guys and to me that became almost a bigger reward than the film itself," Kinnaman said.

The Killing

As swaggering ex-junkie Det. Stephen Holder on the AMC

series, his character's wonky aphorisms were beloved by fans, who dubbed them "Holderisms."

"He has his own logic," laughed Kinnaman, who said he was grateful to have so much time to work on the evolution of Holder's character and his relationship with co-worker Sarah Linden (Mireille Enos).

"You get the opportunity to do that on a TV show and also when you and the writers kind of hit this creative stride together where it becomes clear what the logic of this character is and it can be illogical."

Case in point: "(Holder) could

be a sushi chef but at the same time, he doesn't know how to cook pasta."

Altered Carbon

Kinnaman, who will return for Season 5 of *House of Cards* as New York Gov. Will Conway, is off to Vancouver for eight months to shoot the ambitious new Netflix sci-fi series based on Richard Morgan's 2002 futuristic novel. He'll play series lead Takeshi Kovacs.

"I don't know if I've ever been this excited about a job before," Kinnaman said. "It's crazy, it's gonna be so dope."

TORSTAR NEWS SERVICE

• GRAND OPENING •

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9	8	5	3	1	6	7	4	2
4	3	7	8	9	2	5	1	6
8	2	1	7	3	5	4	6	9
5	4	9	6	2	1	8	3	7
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Taraji P. Henson, of the FOX series *Empire*, stars as a real-life NASA mathematician in *Around the Way Girl*. RICH FURY/INVISION/AP

Taraji P. Henson's growing Empire

INTERVIEW

TV actress is juggling NASA biopic, show, and new book

Taraji P. Henson almost backed out of writing her autobiography because she was reluctant to expose herself to scrutiny. She could have bypassed a starring role in a film about NASA's unsung female mathematicians because of her taxing work as the formidable Cookie on Fox's *Empire*.

But the actress gathered her will and did both. The result is *Around the Way Girl*, to be published Oct. 11, and the January theatrical release of *Hidden Figures*, in which she plays Katherine Johnson, one of the real-life African-American women who were a critical part of the space program.

Henson discusses both projects as she awaits the Sept. 21 return of *Empire* and what's ahead for Cookie and her family after last season's cliffhanger ending. The questions and answers were edited for clarity and brevity.

Let's talk about your autobiography.

I am exposing myself and it is just very, very scary and there were a couple times where I almost backed out, where I'm just going to write them their cheque and say, 'I just don't want to do it.' And it was

my beautiful makeup artist, Ashunta Sheriff, who recalibrated me and focused on me on why I decided to write the book. People find my life inspiring. And, as an artist, that's what you should do: inspire people. ...

A little around-the-way girl from the 'hood was able to dream because of all the people who came before me, and weren't afraid to dream and weren't afraid to go out and do it: the Lucille Balls, the Bette Davises, the Phylicia Rashads, the Debbie Allens, the Diahann Carrolls. The list goes on and on. If I didn't have them to look at, who knows that I could even dream, or make them come true?

Like those women in NASA in *Hidden Figures*?

Well, I'm no mathematician, but I play one. It's a movie based on these incredible women who helped our men get to space. Who knew that? Who knew that women had anything to do with men getting to the moon? Who knew? You see all the footage, all the documentaries, and you just see a room full of smoking men. So then I find out about these women and I redo my research and I'm like, 'OK, where's the woman?' I know I'm going to see her. Because now I know they exist. That bothered me and I made it my mission to do this film. ... And it was the hardest thing I ever

had to do, because I'm used to supporting movies. I've never carried a show and then went on to carrying a film. That was hard but worth it for Katherine Johnson's story.

So is this a case of a body in motion staying in motion?

You have to strike while the iron is hot. People are interested. And this is the moment every artist prays about. Look, I grew up in an era where women were done at 40. Meryl Streep thought she was done at 40. And just watching her trajectory gave me hope. Edie Falco from *The Sopranos*, she didn't hit until she was 36. That's hope. Men can do it. They can go bald, have a big stomach and never fix their teeth, and they'll work forever because they'll hire some next young, hot (actress). But you see what's happening is that we 40-year-olds are giving those 20-year-olds a run for their money. So you can get a mature woman who is still hot and play opposite these big leading-men roles. ... And not only that, I'm interested in work that's going to be talked about long after I'm gone, and challenging and pushing myself. And so when that role comes, I can't turn it down. Why walk away from an incredible role like Katherine Johnson? Why? Because I'm tired? I don't have time to be tired. ... We are just getting started. THE ASSOCIATED PRESS

YOUTUBE

Lindsey Stirling's new album is an ode to a sombre year

Electronic violinist Lindsey Stirling's emotional roller coaster of a year included the death of her best friend and keyboardist and learning that her father had cancer.

Stirling tried keeping busy with work instead of dealing with her feelings head-on. And as she began composing new songs, things weren't coming together.

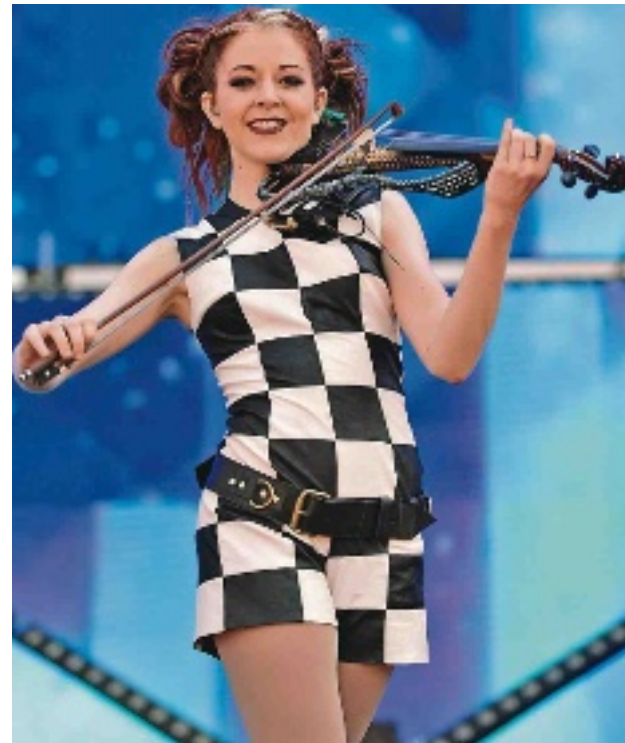
"At first I was writing the most depressing stuff. ... It just wasn't very great music ... and it didn't have a lot of depth to it," Stirling said. "I kind of realized I have to process these emotions myself before I can write about them."

Once she gave herself time to grieve and deal with life away from work — which included travelling home to Arizona to be with family and going to therapy — making music felt natural again, and therapeutic.

"I want to learn how to open my heart up more," she said. "A lot of times I hide from emotions by just working and distracting myself."

Stirling, 29, reached that goal and came through stronger with *Brave Enough*, a new album she says is her most cohesive release yet. She closes the 14-track set with the emotional instrumental track *Gavi's Song*, an ode to her friend and fellow musician Jason Gaviati, who died last year after battling Burkitt lymphoma.

Brave Enough, out Friday, features collaborations with Zedd, Weezer's Rivers Cuomo, Lecrae, Christina Perri and Andrew McMahon. It's the



Electronic violinist Lindsey Stirling released her new album, *Brave Enough*, on Friday. ROB GRABOWSKI/INVISION/AP FILE

follow-up to 2014's *Shatter Me*, the gold-certified album in which Stirling wrote about overcoming anorexia. It won top dance/electronic album at the Billboard Music Awards, besting releases from Calvin Harris, Avicii and Disclosure. "I'm not being self-deprecating here, but it's weird to see your name with people (like them)," she said.

Stirling agrees she's an electronic artist, but says it's hard to really pinpoint her sound and style: "I still



A lot of times I hide from emotions by just working and distracting myself

Lindsey Stirling

kind of call myself that 'cause I just don't know what else to call myself."

THE ASSOCIATED PRESS

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GOSSIP BRIEFS

Netflix to stream new Anne of Green Gables

Anne Shirley is going around the world. Netflix says it will stream an upcoming new Anne of Green Gables adaptation, which will also air on CBC-TV and has several women at the helm.

Emmy Award winner Moira Walley-Beckett is writing the entire first season of the new series Anne, which is based on Lucy Maud Montgomery's classic novel.

Niki Caro will direct the two-hour series premiere, while Miranda de Pencier produces the show.

The series, which will feature eight one-hour episodes, will stream globally on Netflix as it airs on CBC-TV in Canada next year. It will hit Netflix in Canada at a later date.

Production is scheduled to begin in September in Ontario.

THE CANADIAN PRESS



GOOD MORNING AMERICA

On-air racial slur 'a mistake': Robach

Good Morning America co-anchor Amy Robach has apologized for saying "coloured people" on Monday's broadcast of the ABC program.

Her use of the term sparked criticism on social media. "Offensive," tweeted one viewer. Another said Robach "gets a pass this time" but vowed to ditch GMA for a rival morning program if it happened again.

During a segment on diversity in Hollywood, Robach, who was substituting for Robin Roberts, noted recent criticism for casting white actors "in what one might assume should be a role reserved for coloured people."

After the broadcast, Robach released a statement explaining she had meant to say "people of colour." She called the incident "a mistake" and "not at all a reflection of how I feel or speak in my everyday life."

The words used to describe African-Americans have evolved over time to from words like Negro, coloured, Afro-American to the current black, African-American and people of colour, said Deborah E. McDowell, director of the University of



Amy Robach. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

Virginia's Carter G. Woodson Institute for African-American and African Studies.

"We no longer use the term coloured people, although once upon a time that was a term in use," McDowell said. "Now the preferred usage is people of colour if you are speaking about people of colour broadly. If you are referring specifically to African-Americans, people will frequently be specific and refer to us as African-Americans."

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Sunday for Dummies strategy paying off

THE SHOW: Match Game, Season 1 (ABC)
THE MOMENT: Just...all of it

"Michael, I told you to rub my hair for good luck," host Alec Baldwin says to a contestant on this 1970s game show revamp, where two competitors play fill-in-the blank with six celebrity panelists. "That was a typo. It should be my balls."

The audience roars. "What would you do with \$25,000 if you won?" Baldwin asks Michael.

Panelist Leslie Jones pipes: "Get someone to rub his balls!" (Other celebs include Jack McBrayer, Cheryl Hines, Josh Charles and Rosie O'Donnell.) The audience roars.

Michael loses. "Can I say one thing?" Baldwin asks him. "You didn't rub my balls."

Match Game is part of a three-hour, Sunday night block of vintage game shows — the other two are Celebrity Family Feud and \$100,000 Pyramid — that ABC is running as counter-programming to the brainier fare



Leslie Jones is one of the panelists on Match Game. CONTRIBUTED

that's dominated the night of late (see The Good Wife, or anything on HBO).

So successful has this Sunday for Dummies strategy proved, ABC has renewed it.

I'm old enough to remember when these shows aired on weekday afternoons, and believe me, they were harder to win back then. For example, "Auntie's cooking," as one contestant ventured on Family Feud, would not have cut it as a match for the real answer, "Fruitcake."

The intention of simplifying things seems to be this: If no one is smart, hey, everyone is!

Match Game was always about wink-nudge innuendo. But today, this passes for discretion: When Jones writes "C*nt" on her answer card, they fuzz the word on screen. The audience roars.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Olympic gold medallist Neymar won't rejoin FC Barcelona until after Brazil's World Cup qualifiers on Sept. 1 and 6

metr SPORTS

4 BIG SPORTS SPEEDSTERS TO COMPARE TO BOLT



Usain Bolt started slowly, but reeled in a star-studded field to win his third straight 100-metre Olympic gold in Rio.

Bolt's victory was only slightly more predictable than the subsequent story in the Cincinnati Enquirer, speculating on how he would fare against the Reds' base-stealing outfielder Billy Hamilton.

Stories like these — wherein stars from mainstream sports discuss outrunning the world's best sprinter — follow the Olympic cycle, and the curiosity is natural. Why not fantasize about a World Series of Speed, pitting Bolt against stars from the National Football League, Major League Baseball and English Premier League to see who really

is the fastest?

Because these debates are ridiculous, that's why.

The world's fastest sprinter is also its fastest athlete, period. We could draw a Venn diagram, but what's not to understand? Plenty, apparently.

While it's tempting to cast a phenom like Bolt in terms of familiar sports like football,

that logic falters quickly. It's like hearing "Let's Get It On" for the first time, then wondering if Marvin Gaye can sing better than Drake.

Yet the list of non-track athletes "faster than Usain Bolt" grows and the truth gets left in the dust — like Hamilton would be if the two ever actually raced.

TORSTAR NEWS SERVICE



1 BILLY HAMILTON

Centre-fielder, Cincinnati Reds

BONA FIDES: 179 stolen bases in 386 MLB games. Once stole 155 in a single minor-league season.

VERIFIABLE SPEED: Timed in 3.3 seconds from home plate to first base, but no electronically timed track stats exist.

FAST AS BOLT BECAUSE: He says so. He told the Enquirer he'd "get a 10 (seconds)" in the 100 today. **FLAW IN THE LOGIC:** Sprinters think in hundredths of seconds, so a "10" doesn't mean much. Plus, Bolt would "get a nine," making Hamilton's "10" irrelevant.

ODDS OF BEATING BOLT: A snowball's chance in Jamaica.



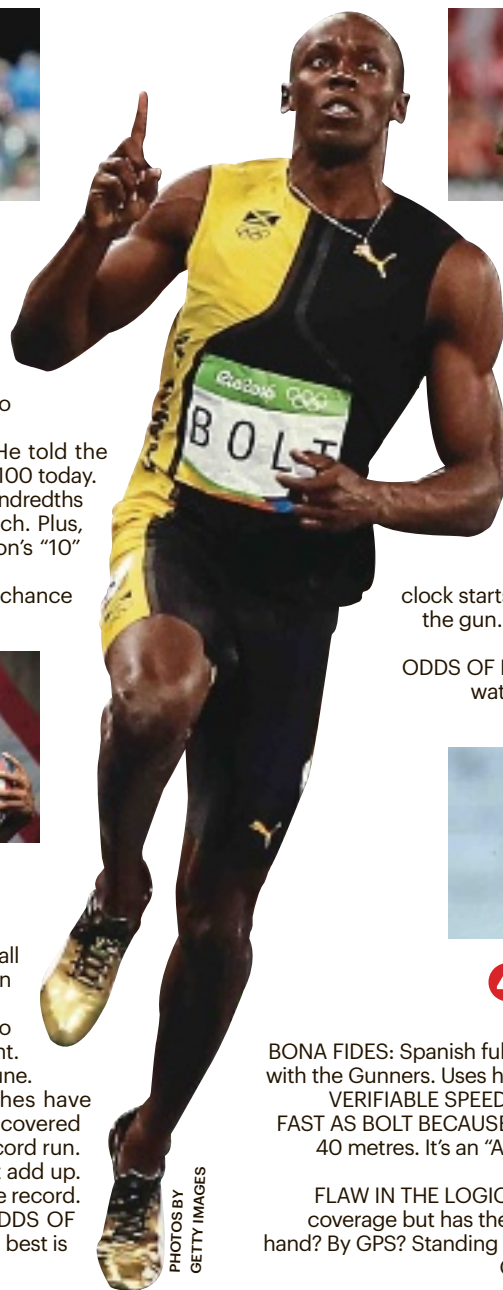
3 CARLIN ISLES

USA rugby sevens wing

BONA FIDES: College sprinter and football player who transitioned to rugby sevens in 2012. Has 29 caps with U.S. sevens.

VERIFIABLE SPEED: Ran track while also training for the Olympic rugby tournament. Recorded a 10.15-second 100 metres in June.

FAST AS BOLT BECAUSE: Rugby coaches have timed him at 2.67 over 20 metres. Bolt covered that distance in 2.88 during his world-record run. **FLAW IN THE LOGIC:** The numbers don't add up. Bolt hit 60 metres at 6.29 when he set the record. Isles' 60-metre best is 6.65 seconds. **ODDS OF BEATING BOLT:** Isles' 100-metre personal best is 448th all-time. Bolt is No. 1. Do the math.



PHOTOS BY
GETTY IMAGES



2 CHRIS JOHNSON

Running back, Arizona Cardinals

BONA FIDES: Led the NFL with 2,006 rushing yards in 2009. Career includes TD runs of 91 and 94 yards.

VERIFIABLE SPEED: Covered 100 metres in 10.38 seconds in high school.

FAST AS BOLT BECAUSE: He holds the NFL combine 40-yard dash record at 4.24 seconds. Bolt's 40-yard split from his world-record run is 4.35.

FLAW IN THE LOGIC: NFL combine clock starts on movement. Track clock starts with the gun. Subtracting Bolt's reaction time brings him to 4.19 seconds.

ODDS OF BEATING BOLT: 100 per cent chance of watching Bolt disappear into the distance.



4 HECTOR BELLERIN

Fullback, Arsenal

BONA FIDES: Spanish fullback is entering his second full season with the Gunners. Uses his "world class" speed to prevent goals.

VERIFIABLE SPEED: He doesn't appear in track databases. **FAST AS BOLT BECAUSE:** Was once timed in 4.42 seconds over 40 metres. It's an "Arsenal record" and .23 faster than Bolt's world-record 40-metre split.

FLAW IN THE LOGIC: The feat has received plenty of media coverage but has the hallmarks of a tall tale. Was it timed by hand? By GPS? Standing start? Running start? Details don't exist.

ODDS OF BEATING BOLT: LOL per cent.

OLYMPIC SCANDAL

Lochte dropped by major sponsors

Ryan Lochte lost two major sponsors when Speedo USA and Ralph Lauren announced Monday they were dumping the

the Speedo team, we cannot condone behaviour that is counter to the values this brand has long stood for," the swimsuit giant

“

over-exaggerated the story. If I had never done that, we wouldn't be in this mess.

Ryan Lochte

said in a brief statement. "We appreciate his many achievements and hope he moves forward and learns from this experience."

Shortly after, Ralph Lauren followed suit: "Ralph Lauren's

to benefit needy youngsters in Brazil.

"While we have enjoyed a winning relationship with Ryan for over a decade and he has been an important member of

endorsement agreement with Ryan Lochte was specifically in support of the Rio 2016 Olympic Games and the company will not be renewing his contract."

THE ASSOCIATED PRESS

INDYCAR

Power resumes hot streak in Pocono

Will Power can't seem to do any wrong, which means IndyCar has another serious points race looming.

Power continued his late-season surge on Monday, holding pole-sitter Mikhail Aleshin at bay after a final restart, and won the IndyCar race at Pocono Raceway.

It was the fourth win in the past six races for Power, 29th of his career, and cut the lead of Team Penske teammate Simon Pagenaud to 20 points in the standings with three

races remaining in the season.

After crashing late, Pagenaud finished 18th in the 500-mile race, which was postponed a day by rain.

29

The victory was the 29th of Power's career.

Defending race winner Ryan Hunter-Reay finished third, Josef Newgarden was fourth, and Sebastien Bourdais fifth thanks to late-race tire strategy. Scott Dixon, Carlos Munoz, Juan Pablo

Montoya, Tony Kanaan and James Hinchcliffe of Oakville, Ont., rounded out the top 10.

THE ASSOCIATED PRESS

IN BRIEF

Koivu named captain once again for Team Finland

Mikko Koivu will serve as Finland's captain for the upcoming World Cup of Hockey.

Koivu has been the Minnesota Wild's captain since 2009. He was captain for Finland at three world championships, winning in 2011.

The six-foot-three centre has 161 goals and 395 assists in 763 NHL games.

THE ASSOCIATED PRESS

U.S. team beats Italy in Little League consolation

Isaiah Jensen allowed just two hits and no earned runs in 4-1/3 innings to help Bend, Ore., beat Emilia, Italy, 6-2 on Monday in a consolation game of the Little League World Series.

Oregon scored five runs in the bottom of the fourth to make it 6-0.

In the sixth, Italy loaded the bases but scored just one run on a fielder's choice. THE ASSOCIATED PRESS

Donaldson delivering MVP-calibre encore

MLB

Blue Jays 3B maintaining excellence from breakout 2015

In most conversations about the American League MVP race, Josh Donaldson's name is included. But the Blue Jays third baseman has not garnered the same spotlight he did last year in his dramatic debut season in Toronto when "MVP!" chants rang out on a nightly basis at Rogers Centre.

This year the hype has centred on Houston second baseman Jose Altuve and Boston's 23-year-old outfielder Mookie Betts.

People tend to like what's shiny and new. Just ask Mike Trout, who is on pace to collect more wins above replacement through his age-24 season than any player in history and yet has just a single MVP award to show for it.

Consistent greatness gets old, it seems.

Voter and fan fatigue aside, though, Donaldson may in fact be better this season than last. He's on pace for slightly fewer

home runs and RBIs, but he's also making fewer outs thanks to a major spike in his walk rate. He's striking out less, while hitting more line drives and fewer ground balls — and he's even hitting the ball a lit-

+ JOSH VS. JOSH

2015		2016*
122	R	125
41	HR	37
123	RBI	106
73	WALKS	103
.297	AVG.	.289
.371	OBP	.401

*2016 PROJECTED STATS

efficient as possible and keep evolving as a better and smarter hitter," he said.

Donaldson's increased walk rate is particularly noticeable. At 14.6 per cent it's four percentage points — or more than 34 per cent — higher than his career mark and likely a consequence of his success last season.

He hasn't been as good a baserunner as he was last season but he has been more defensively sound. Donaldson has made just two throwing errors — compared to 13 last year — while still ranking among the best at his position according to advanced fielding metrics.

But has he been more valuable? As long as MLB leaves the MVP award open to inter-

pretation, there will be wide-ranging debate.

Donaldson hasn't had as many game-breaking hits as he did last season, when he hit .353 with runners in scoring position and .370 in so-called "high-leverage" situations. This year, by comparison, he's hitting .287 and .279 in those scenarios. He also hasn't hit a single walk-off homer after setting a Jays' record with three last season.

But while he may be less successful in clutch moments — in which luck plays a significant role — he is, as he says, continuing to evolve as a hitter and has arguably improved in that regard.

"It's about going out there and doing it consistently, day in and day out," he said. "I think the more experience you get, you're able to make those adjustments quicker." TOR-STAR NEWS SERVICE



MLB DODGERS RAIN HOMERS ON REDS Howie Kendrick of the Los Angeles Dodgers congratulates Andrew Toles on his two-run home run in the fifth inning against the Reds on Monday in Cincinnati. Adrian Gonzalez hit three homers of his own and the NL-West leading Los Angeles beat the Reds 18-9. JOE ROBBINS/GETTY IMAGES



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LEAGUE CUP

Liverpool looking for shot in the arm

Deprived of European football, Liverpool and Chelsea are looking for domestic success this season. And that includes a trophy occasionally ignored by the bigger clubs — the English League Cup.

Liverpool has won this trophy a record eight times and plays second-tier Burton on Tuesday in the second-round match. Jurgen Klopp's team finished a disappointing eighth in the Premier League last season but made it to the League Cup final, losing on penalty kicks to Manchester City.

Liverpool is already showing inconsistency in the league this season. It roared back from a goal down to beat Arsenal 4-3 in a thrilling season-opener, before losing 2-0 against Burnley on Saturday.

With Sadio Mane still fighting a shoulder injury, Klopp is unlikely to make drastic changes, given the lack of European football to worry about.

"We will make changes but not big changes," the German said. "It is not really likely we change seven or eight positions."

With new manager Antonio Conte at the helm, Chelsea also has time to thrive in the League Cup — which it last won in 2015 — after finishing 10th in the league last season for one of its worst campaigns in recent his-



Jurgen Klopp GETTY IMAGES

tory.

Chelsea plays third-tier Bristol Rovers at Stamford Bridge on Tuesday.

Unlike Klopp, Conte is likely to make changes to the side that beat Watford 2-1 on Saturday. Ruben Loftus-Cheek is expected to feature, along with Asmir Begovic adding experience.

Premier League teams Everton and Crystal Palace both face fourth-tier opposition in Yeovil and Blackpool respectively.

Stoke, beaten 4-1 by Man City in the league on Saturday, faces a trip to fourth-tier Stevenage.

Teams involved in the Champions League or Europa League enter the tournament in the third round. THE ASSOCIATED PRESS

IN BRIEF

Nats sit Strasburg down

Stephen Strasburg's weary right elbow was stiff and in dire need of some rest, so the Washington Nationals put their winningest pitcher on the 15-day disabled list Monday.

The right-hander was willing to pitch through the pain for the NL East-leading Nationals, but manager Dusty Baker had other plans.

"I told him we hadn't won anything yet and that we had to look at the big picture," Baker said. "Hopefully he'll be good in September and hopefully in October." THE ASSOCIATED PRESS

Broncos tap Siemian for next pre-season tilt

Coach Gary Kubiak named Trevor Siemian the starter for the Broncos' third preseason game over Mark Sanchez and said he will decide next week who will be under centre against Carolina for the season opener on Sept. 8.

"It's down to the nitty gritty here," Kubiak said. "I don't have to but I'm going to make a decision next week and we're going to go to work." THE ASSOCIATED PRESS

RECIPE Fresh Corn Fritters with Cucumber Feta Salsa



PHOTO: MAYA VISNIEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you make three extra cobs of corn one night, you're laughing the next with these easy tacos topped with tangy salsa and full of juicy cucumber and salty feta.

Ready in 25 minutes

Prep time: 10 minutes
Cook time: 15 minutes
Makes 10 small fritters

Ingredients

- 3 eggs
- 2 cups corn kernals, about 3 cobs either boiled or grilled
- 3 Tbsp corn meal
- 4 Tbsp spelt flour
- 2 green onions, chopped
- salt and pepper to taste
- 2 Tbsp vegetable oil

Directions

1. In a medium size mixing bowl, beat the eggs and then add the corn. Stir in the corn meal, flour, onions and then season with salt and pepper.
2. Heat the oil in a large skillet over medium heat until the oil is shimmery and hot. Cook the fritters in batches. Drop a heaping tablespoon of batter into the skittle. Flatten slightly with the back end of a spoon or spatula. Cook, turning once until browned, 4-6 minutes on each side.
3. Fritters can be reheated by placing on a sheet pan under a broiler for a minute or two.

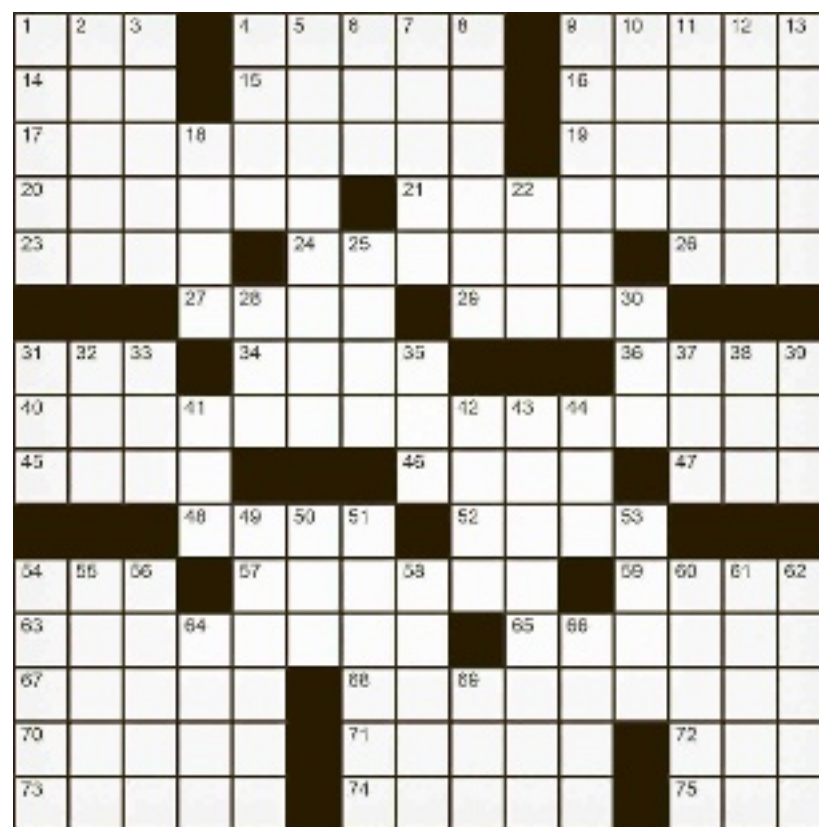
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ACROSS

1. __ rally
4. Persuade/urge
9. Tave of 'Rent' (2005)
14. Chicken King link: 2 wds.
15. Singer Ms. Ross
16. Throat part, like in Dairy Queen commercials
17. What it will be tomorrow
19. Military officer, e.g.
20. Go forth
21. Meld
23. Hair colour changers
24. Dense
26. Massachusetts Senator whose brother was President ... his initials-sharers
27. Guided travel fun
29. Eye droplet
31. UK security service
34. Monks' monikers
36. Fever symptom
40. Canadian war-planes, e.g.: 3 wds. (NOTE: Answer is partially numbered)
45. Machine gun, e.g. (NOTE: Answer is partially numbered)
46. Apiece
47. Make possible
48. Car defect
52. "___ Little Fool" by Ricky Nelson
54. New Zealand parrot
57. Exacerbate
59. Middle-___
63. There ___ (Not present, but



- present)
65. "Goodness.": 2 wds.
67. Like porridge bits
68. 'Handy' style of fortune telling
70. Hurt, wasp-style
71. Elliptical
72. Ms. Leoni

73. Joanna of Growing Pains
74. Little ___ Coupe by The Beach Boys
75. Unpaired

DOWN

1. 'Footed' like Fido
2. Dirge

3. San Diego baseball player
4. Chemical suffixes
5. Kansas City's location
6. Stenographer's need
7. Make into law
8. House's floor plan
9. 2001: A Space

- Odyssey (1968) star, Keir ___
10. Jazz vocalist Ms. Anderson
11. Invitee
12. 18th-century operas composer, Christoph Willibald ___
13. Fully satisfies hunger

18. Cosy retreat
22. Purch add-on (Buy)
25. Talk big
28. Not at work today
30. Pre-1947 British rule in India
31. Fancy-style 1900
32. Q. Do you know ___ is the alphabet's 11th letter? A. I do, and it is.
33. Montreal area code
35. The ___-Creature (1956)
37. Salon styling stuff
38. 4WD truck
39. Founded [abbr.]
41. Discarded/abandoned, in slang
42. Glue alternative
43. ___ sanctions, as imposed by governments
44. P, to Socrates
49. 'Dallas' family. The ___
50. Neither/___
51. Three-legged camera stand
53. Vintage house heaters, for short
54. Info booth
55. Related maternally
56. Awakened
58. ___ off (Fend/fight)
60. Spanky & Our Gang's Like to ___ Know You
61. Dog-___
62. Mythological tree nymph
64. Sean of movies
66. Cover
69. Mr. Ferrigno

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have money on your mind, perhaps because you want to make a special purchase. Stay in touch with financial matters and your earnings.

Taurus April 21 - May 21
The Moon is in your sign today, which makes you more emotional than usual. You feel concerned about the welfare of a friend. Meanwhile, fun times and vacations appeal!

Gemini May 22 - June 21
Secrets might come out today. However, your primary focus is on entertaining at home as well as doing home repairs and redecorating projects.

Cancer June 22 - July 23
You're eager to communicate to others now, especially a friend. Keep in mind that you can make money with your words through writing and talking this week.

Leo July 24 - Aug. 23
People might become aware of some personal details about your private life. This could possibly relate to finances, which are a high priority for you today.

Virgo Aug. 24 - Sept. 23
Four planets are in your sign right now — the Sun, Mercury, Venus and Jupiter. This empowers you! Go after what you want, especially if you want to make travel plans.

Libra Sept. 24 - Oct. 23
Today you might quietly resolve to be the best that you can be. At the very least, you want to improve your health, your attitude and your productivity. (Tall order!)

Scorpio Oct. 24 - Nov. 22
This is a popular time for you. Today in particular, you will enjoy hanging out with friends and partners. Be easygoing and ready to compromise.

Sagittarius Nov. 23 - Dec. 21
With fiery Mars in your sign, you are pumped with energy! Meanwhile, the Sun at the top of your chart makes you look fabulous in the eyes of others. Great combo!

Capricorn Dec. 22 - Jan. 20
This is a playful, fun-loving day. Travel for pleasure if you can. Explore creative options and opportunities.

Aquarius Jan. 21 - Feb. 19
Although you might want to cocoon at home today, keep in mind that you can benefit from the wealth and resources of others at this time. Just ask for what you want!

Pisces Feb. 20 - March 20
You're eager to learn something new today. Look for opportunities to learn from someone else, because they exist. Listen to someone.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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